Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

More Than Something To Eat

A Nutrition Education Manual for Food Distribution Programs on Indian Reservations

USDA, National Agricultural Library
NAL Bldg
10301 Baltimore Blvd
Beltsville, MD 20705-2351

U.S. DEPARTMENT OF AGRICULTURE
NATIONAL AGRICULTURAL LIBRARY

MAR 23 1993

CATALOGING PREP.

United States Department of Agriculture
Food and Nutrition Service
Southwest Regional Office

More Than Something To Eat

A Nutrition Education Manual for Food Distribution Programs on Indian Reservations

This manual addresses the importance of food. Food is more than something to eat. Food is the source of the body's nutritional needs. Making the right food choices can contribute to overall good health and well-being.

Secondly, the title refers to the Food Distribution Program on Indian Reservations (FDPIR), and the fact that FDPIR provides more than something to eat. FDPIR provides participants with a level of security and peace of mind. With the basic need for a source of nourishment for oneself and one's family satisfied, the FDPIR participant can focus on the fulfillment of other needs.

This manual has as its overall goal to help make ongoing nutrition education efforts an active and integral component of every food distribution program. Seeing this goal realized will, indeed, ensure that "more than something to eat" is provided to each FDPIR participant.

Prepared by:

Louise Hankins
Nutritionist
USDA-FNS
Southwest Regional Office
Oklahoma Field Office

The Food Distribution Program on Indian Reservations (FDPIR) is open to all eligible persons regardless of race, color, national origin, age, sex, or handicap.

April 1992

FOREWORD

The United States Department of Agriculture Food and Nutrition Service has always been, and will always remain, committed to providing quality nutrition assistance programs to individuals and families in need. The Food Distribution Program on Indian Reservations (FDPIR) is one of those programs.

An integral component of all USDA food assistance programs is nutrition education. The Southwest Regional Office of USDA-FNS takes great pride in this fact and strives to continually foster the expansion of nutrition education efforts in all programs.

More Than Something To Eat, A Nutrition Education Manual for Food Distribution Programs on Indian Reservations is the result of one of several nutrition education initiatives by the Southwest Regional Office. It was prepared in a spirit of hope for more and greater nutrition education efforts in the future and is presented to FDPIR State agencies in this same spirit.

It is with great pride that I present **More Than Something To Eat.**

Ruthie Jackson

RUTHIE JACKSON
Regional Administrator
USDA-FNS
Southwest Regional Office

PREFACE

Background

In Fiscal Year 1991, the Southwest Regional Office (SWRO) of the U.S. Department of Agriculture (USDA) Food and Nutrition Service (FNS) implemented a nutrition education initiative targeting Native Americans participating in USDA food assistance programs. These food assistance programs include the Food Distribution Program on Indian Reservations (FDPIR), the Special Supplemental Food Program for Women, Infants, and Children (WIC), and the Title VI Nutrition Program for the Elderly (NPE).

In February 1991, a nutritionist was assigned to the Oklahoma Field Office to initiate positive efforts toward the achievement of this initiative. Nutrition assistance visits were made to various Indian Tribal Organizations (ITOs) participating in USDA food assistance programs; local, regional, and national nutrition network linkages were established; diet-related health problems of the Native American were researched; a pilot nutrition education project was funded; and surveys of current nutrition education efforts were conducted.

This nutrition education manual is one outcome of the Food and Nutrition Service's commitment to improving the nutritional well-being of the Native Americans it serves.

FDPIR Nutrition Education Manual

The purpose of this manual is to provide ITOs with basic information regarding nutrition and nutrition education activities. It is intended to serve as a "starting place" for planning nutrition education presentations and projects. In addition, the manual is a source of information regarding the utilization of USDA commodities. It is not, however, designed as the answer to all nutrition or nutrition education concerns.

Designed in loose-leaf format, this document is considered a work in progress. As additional nutrition-related materials are obtained, more recipes utilizing commodities are located, new ideas, ways, and means to deliver nutrition messages take form, etc., it is envisioned that this information will be added. Only by staying up-to-date and constantly aware of what is happening can programs grow and improve.

It is the goal of USDA-FNS and the Southwest Regional Office that this manual will be utilized by each Indian Tribal Organization to enhance the nutrition education activities currently underway.

Section A: The Food Distribution Program on Indian Reservations

POLY-VU
#PV-1196
KSM Company
TORRANCE CA 90503



The Food Distribution Program On Indian Reservations

Through the Food Distribution Program, the U.S. Department of Agriculture (USDA) donates foods to help meet the nutritional needs of children and needy adults. Low-income households on Indian reservations and low-income Indian households living near reservations are eligible to receive the foods through the Food Distribution Program on Indian Reservations.

The program provides an alternative to the Food Stamp Program for households in rural areas where the Food Stamp Program is not accessible or where food stores are inconveniently located. The Food Distribution Program also helps to expand markets for food that American farmers produce.

How Does the Program Operate?

Congress appropriates funding for USDA to purchase food for distribution on Indian reservations. USDA pays for the initial processing and packaging of the food and for transporting it to designated points within each State. State distributing agencies and Indian tribal organizations are then responsible for storing the food, transporting it throughout the State, and distributing it at the local level to eligible recipients.

Who Benefits From the Program?

USDA distributes food to members of Indian households living on or near a reservation and members of non-Indian households living on a reservation who:

- buy and cook food together, and

- work for low pay, are unemployed, or are elderly or disabled and live on a small income.

A household may not participate in the Food Distribution Program on Indian Reservations on more than one reservation at a time, or participate in both this program and the Food Stamp Program at the same time.

How is Eligibility Determined?

In determining who is eligible to receive donated foods, local Food Distribution Offices consider the number of people in a household, the household's income, money in checking or savings accounts, and money paid for the care of a household member while the other members are at work or in school. There is a limit on how much money each household

United States Department of Agriculture
Food and Nutrition Service
Alexandria, Virginia 22302

Revised September 1990
FNS-222

THE FOOD DISTRIBUTION PROGRAM ON INDIAN RESERVATIONS

The Food Distribution Program on Indian Reservations (FDPIR) is one of many food assistance programs administered by the U.S. Department of Agriculture (USDA) Food and Nutrition Service (FNS). This section will provide an overview of this Program.

Two areas of utmost significance to achievement of the nutritional goal of FDPIR are also identified in this section. First, the nutrition-related health problems of the Native American are identified. Secondly, the importance of providing ongoing, coordinated nutrition education efforts, not only in the Food Distribution Program but in all nutrition and health programs serving the tribal community, is emphasized.

CONTENTS

Overview of Food Distribution Programs . . . . . A 3

Food Distribution Program on Indian Reservations (FDPIR) . . . . . A 5

Nutritional Status and Nutrition-Related Illnesses of Native Americans . . . . . A 7

Summary of Nutrition-Related Health Problems and Appropriate Nutrition Interventions for Native Americans . . . . . A 8

FDPIR and Nutrition Education . . . . . A 9

Overview of Food Distribution Programs

Food distribution programs are administered by the U.S. Department of Agriculture (USDA). In general, USDA makes commodity foods available to targeted populations, such as children in schools and child care centers, elderly people, certain needy families, hospitals, nursing homes, halfway houses, alcohol rehabilitation centers, and other special populations like those living on Indian reservations.

The goals of the food distribution programs are:

- Improve the nutritional quality of the diets of participating individuals.
- Help strengthen the agricultural markets for products produced by American farmers.

Commodity foods made available to Food Distribution Programs on Indian Reservations are canned, bottled, or dried foods which can survive variable transportation and storage conditions. Fresh and frozen foods are not included because they are highly perishable. Some programs order food only twice a year and cannot offer fresh food year round or accommodate a six-month supply of frozen foods. Programs that order on a monthly basis may also have the same difficulties.

Food Distribution Program on Indian Reservations (FDPIR)

Established in 1977, the Food Distribution Program on Indian Reservations has as its goal to provide food to needy households that do not have ready access to the Food Stamp Program or to food stores where they could use food stamps.

FDPIR is administered at the State level by Indian Tribal Organizations (ITOs) determined to be capable of effectively administering a Food Distribution Program. Each ITO enters into an agreement with the USDA Food and Nutrition Service (FNS) for the distribution of commodities on all or part of an Indian reservation. USDA staff often refer to the ITO as a "State agency."

Who Benefits From the Program?

FDPIR participants are members of Indian households living on or near a reservation and members of non-Indian households living on a reservation who:

- buy and cook food together, and
- work for low pay, are unemployed, or are elderly or disabled and live on a small income.

A household may not participate in FDPIR on more than one reservation at a time, or participate in both this program and the Food Stamp Program at the same time.

How Is Eligibility Determined?

In determining who is eligible to receive donated foods, the FDPIR office considers the number of people in a household, the household's income, money in checking or saving accounts, and money paid for the care of a household member while the other members are at work or in school. There is a limit on how much money each household can have and be eligible for the program. The amount varies based on the number of people in the household.

How Are Foods Chosen For the Food Package?

USDA donates a variety of foods to help participants maintain a healthy diet. But before a food item can be included in the FDPIR monthly food package, USDA looks at:

- the overall nutrient content of the package compared to the Recommended Dietary Allowances (RDA),
- the household food preferences and acceptability on behalf of the recipients, and
- the overall cost of the package to ensure that it is still within the appropriate limits.

What Is In the Food Package?

An average food package could contain household size packages or cans of the following foods: canned meats and poultry; vegetables, fruits, and juices; dried beans; peanuts or peanut butter; egg mix; butter, milk, and cheese; pasta, flour, grains, and cereal; honey and corn syrup; vegetable oil and shortening. A variety of foods are provided in the monthly food package with the intent of improving the program participants' nutrient intake. However, the food package is considered supplemental and is not meant to be the participants' sole source of food.

The contents of the actual food package will be determined according to the household's preferences since each household is given the opportunity to select and/or reject specific foods each month. On the average, each program recipient receives a monthly food package that weighs 50 to 75 pounds and contains a variety of foods from the basic food groups.

How Often and How Is the Food Package Distributed?

Households or authorized representatives are issued the appropriate food package from State agency inventories on a monthly basis. The amount issued will vary based on the number of people in the household. Distribution of commodities to households is done by using one of the following methods: (1) manual distribution, (2) over-the-counter distribution, or (3) tailgate distribution from the back of trucks.

Nutritional Status and Nutrition-Related Illnesses of Native Americans

In the early 1950's, health concerns of Native Americans centered around the rampant spread of infectious diseases. Fortunately, in the past 30 years, significant improvements have been made in controlling infectious diseases. Today, however, chronic diseases are the prevalent health concerns.

Heart diseases, cancer, liver diseases, and diabetes are among the 10 leading causes of death. Obesity, hypertension, and alcohol and substance abuse contribute to these diseases.

The nutrition-related health problems of Native Americans can be identified throughout the life cycle. Infants and children, for example, often suffer from digestive diseases, respiratory diseases, anemia, dental caries, obesity, underweight, and underdevelopment (stunting). The health problems of adolescents include obesity and dental caries, while in women of childbearing age, the most prevalent diet-related health conditions are obesity and anemia. In adults and the elderly, diabetes, obesity, hypertension, and heart disease are the four leading health concerns.

The role of nutrition in the promotion of health, as well as in the treatment and prevention of disease, is well documented in scientific literature. Adequate nutrient intakes are necessary for health maintenance throughout the life cycle. Improving eating behavior through nutrition education and other nutrition interventions will help maintain health, assist in preventing some diseases, and reduce the complications of other diseases. Nutrition education is vital to program recipients who have special dietary needs.

Summary of Nutrition-Related Health Problems and Appropriate Nutrition Interventions for Native Americans

POPULATION	HEALTH PROBLEMS	NUTRITION INTERVENTION
Women of Childbearing Age	Obesity	Reduce foods high in calories Increase nutrient dense foods
	Anemia	Increase iron, protein, vitamin C, folic acid
Infants and Children	Digestive Diseases	Improve food sanitation
	Respiratory Diseases	Improve general nutrition
	Anemia	Increase iron, protein, vitamin C
	Dental Caries	Reduce sugar, sticky sweets
	Obesity	Reduce foods high in calories Increase nutrient dense foods
	Underweight	Increase nutritious foods high in calories
	Underdeveloped (Stunting)	Increase foods high in calories, protein, calcium, vitamins A & C
Adolescents	Obesity	Reduce foods high in calories Increase nutrient dense foods
	Dental Caries	Reduce sugar, sticky sweets
Adults and Elderly	Obesity	Reduce foods high in calories Increase nutrient dense foods
	Diabetes	Necessary dietary management
	Hypertension	Reduce foods high in sodium
	Cardiovascular Diseases	Reduce foods high in saturated fat, cholesterol, sodium, calories

Source: Compiled by Nutrition and Technical Services Staff, Food and Nutrition Service, U.S. Department of Agriculture, from various references and comments from specialists who work with Native Americans.

FDPIR and Nutrition Education

In addition to receiving nutritious commodity foods, FDPIR participants receive information about nutrition, proper food storage, sanitary food preparation methods, and suggestions for using donated foods.

Specifically, Federal Regulations state the ITO:

- "Shall publicize how commodities may be used to contribute to a nutritious diet and how commodities may be properly stored."
- "Shall encourage appropriate organizations, county extension home economists, expanded Food and Nutrition Program aides, and qualified volunteers to provide food and nutrition information, menus, or cooking demonstrations."
- "Shall encourage the dissemination of food and nutrition information designed to improve the nutrition of households on reservations."

While methods used to meet these objectives may vary depending on staffing, availability of participants, and other resources, each ITO must make nutrition education an integral part of their program. Many programs and delivery systems appropriate for nutrition education can be found in most tribal communities and other areas where Native Americans reside.

Many ITOs have begun to integrate the services of a variety of community health and social programs with the nutrition education services of the FDPIR program. The objectives and/or benefits of this type of "creative networking," include:

- Assess the total needs of a community.
- Share information and nutrition education methods and resources, and develop materials among programs with common goals, such as the Indian Health Service (IHS), the Expanded Food and Nutrition Education Program (EFNEP), the Special Supplemental Food Program for Women, Infants, and Children (WIC), the Nutrition Education and Training (NET) Program, etc.
- Monitor the progress of FDPIR participants involved in different programs.
- Reinforce educational instruction.

- Facilitate appropriate referrals to community programs in order to increase the use of available resources and to help meet participants' total needs.

- Coordinate training of professionals and paraprofessionals.

- Share expertise of professionals from other agencies.

Although it can vary from place to place, nutrition information can be and must be conveyed through all of the ongoing nutrition and health programs serving the tribal community. All the diverse professionals in the community must be tapped to help provide nutrition education.

Furthermore, for optimal effectiveness of nutrition education efforts, a coordinated approach that assures consistency of message cannot be overemphasized. In other words, all those involved must plan together and work together as a team. Good organization and ongoing communication are absolutely necessary for the efforts to be successful.

Section B: Nutrition Basics—Know the Facts

POLY-VU
#PV-1196
KEM Company
TORRANCE CA 90503

EATING RIGHT WITH THE DIETARY GUIDELINES



- Eat a Variety of Foods
- Maintain Healthy Weight
- Choose a Diet Low in Fat, Saturated Fat and Cholesterol
- Choose A Diet with Plenty of Vegetables, Fruits and Grain Products
- Use Sugars Only in Moderation
- Use Salt and Sodium Only in Moderation
- If You Drink Alcoholic Beverages, Do So in Moderation

What Should You Eat To Stay Healthy?

The Dietary Guidelines for Americans featured in this brochure help answer this question. They are seven guidelines for a healthful diet—advice for healthy Americans ages 2 years and over. These guidelines are the best, most current advice from nutrition experts.

Many American diets have too many calories and too much fat (especially saturated fat), cholesterol and sodium. They also have too little complex carbohydrates and fiber. Such diets are one cause of America's high rates of obesity and certain diseases—heart disease, high blood pressure, stroke, diabetes and some forms of cancer. The exact role of diet in some of these is still being studied.

The foods Americans have to choose from are varied, plentiful and safe to eat. Use this booklet to help choose a healthful diet.

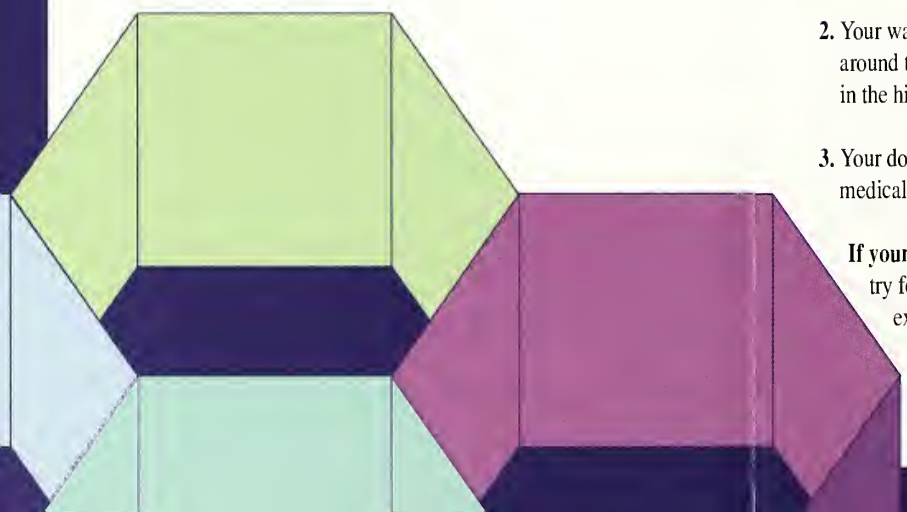
Eat a Variety of Foods

Eating a variety of foods—not a few highly fortified foods or supplements—is the best way to get the energy, protein, vitamins, minerals and fiber you need.

No single food can supply all the nutrients in the amounts you need. For example, milk supplies calcium but little iron; meat supplies iron but little calcium. To have a nutritious diet, you must eat a variety of foods.

Any food that supplies calories and nutrients can be part of a nutritious diet. It's the content of the total diet over a day or more that counts.

(See back panel for *A Daily Food Guide*.)



Maintain Healthy Weight

If you are too fat or too thin, you are more likely to develop health problems. Being too fat is linked with high blood pressure, heart disease, stroke, the most common type of diabetes, certain cancers and other types of illness.

What is a healthy weight for you? There is no exact answer right now.

In the meantime, use this information to help judge if your weight is healthy. A healthy weight for adults means meeting these three conditions:

1. Your weight falls within the range for your height and age in the table.

Suggested Weights for Adults*

Height without shoes	Weight in pounds without clothes** (19–34 years)	(35 years and over)
5'0"	97–128	108–138
5'2"	104–137	115–148
5'4"	111–146	122–157
5'6"	118–155	130–167
5'8"	125–164	138–178
5'10"	132–174	146–188
6'0"	140–184	155–199
6'2"	148–195	164–210
6'4"	156–205	173–222

*For a complete chart, obtain a copy of the Dietary Guidelines — See ordering information at end of brochure.
**The higher weights in the ranges generally apply to men, who tend to have more muscle and bone; the lower weights more often apply to women, who have less muscle and bone.

2. Your waist measure is smaller than your hip measure. Too much fat around the waist is believed to be of greater health risk than excess fat in the hips and thighs.

3. Your doctor has advised you not to gain or lose weight because of a medical problem.

If your weight is not "healthy." Set reasonable weight goals and try for long-term success through better habits of eating and exercise.

Choose a Diet Low in Fat, Saturated Fat and Cholesterol

Many Americans have diets high in fat, saturated fat and cholesterol. Such diets are linked to increased risk for heart disease, obesity and certain types of cancer.

Here are the goals suggested for fat and saturated fat in American diets. Remember, these goals for fats apply to the diet over several days, not to a single meal or food.

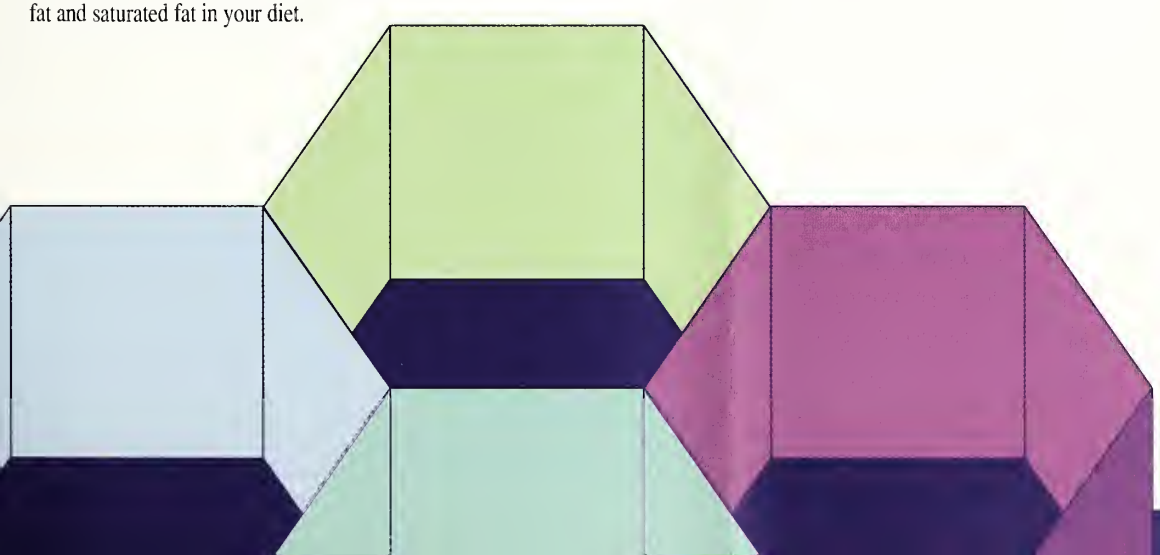
Total Fat. Your goal for fat depends on your calorie needs. An amount that provides 30 percent or less of calories is suggested. The chart below shows the upper limit on the grams of fat per day that corresponds to various daily calorie intakes:

Calories	Total fat per day (grams)	Saturated fat per day (grams)
1600	53 or less	less than 18
2200	73 or less	less than 24
2800	93 or less	less than 31

Saturated Fat. An amount that provides less than 10 percent of calories is suggested. All fats contain both saturated and unsaturated fat (fatty acids). The fats in animal products are the main sources of saturated fat in most diets, with tropical oils (coconut, palm kernel and palm oils) and hydrogenated fats providing smaller amounts.

Cholesterol. Animal products are the sources of all dietary cholesterol.

Eating less fat from animal sources will help lower the cholesterol, total fat and saturated fat in your diet.



Food Tips to Reduce Fat, Saturated Fat and Cholesterol:

- Use fats and oils sparingly in cooking.
- Use small amounts of salad dressings and spreads, such as butter, margarine and mayonnaise. Try reduced or non-fat substitutes.
- Choose lean cuts of meat and trim visible fat.
- Take skin off of poultry.
- Have cooked dry beans and peas instead of meat occasionally.
- Moderate the use of egg yolks and organ meats.
- Choose skim or lowfat milk and non-fat or lowfat yogurt and cheese most of the time.
- Check labels on foods to see how much fat and saturated fat are in a serving.
- Choose liquid vegetable oils most often because they are lower in saturated fat.

Choose a Diet with Plenty of Vegetables, Fruits and Grain Products

Eat more vegetables, including dry beans and peas; fruits; and breads, cereals, pasta and rice. A varied diet that emphasizes these foods supplies important vitamins and minerals, fiber and complex carbohydrates and is generally lower in fat.

It's better to get fiber from foods which contain fiber naturally rather than from supplements. Some of the benefit from a high fiber diet may be from the food that provides the fiber, not from the fiber alone.

Use Sugars Only in Moderation

Sugars and many foods that contain them in large amounts supply calories but are limited in nutrients. Sugar comes in many forms, such as table sugar (sucrose), brown sugar, honey, syrup, corn sweetener, high-fructose corn sweetener, molasses, glucose (dextrose), fructose, maltose and lactose.

Use sugars in moderation—sparingly if your calorie needs are low. Diets high in sugars have not been shown to cause diabetes.

Both sugars and starches—which break down into sugars—can contribute to tooth decay. Avoid excessive snacking, brush your teeth with a fluoride toothpaste and floss regularly to help prevent tooth decay. Check with your dentist or doctor about the need for supplemental fluoride, especially for children.

Use Salt and Sodium Only in Moderation

Most Americans eat more salt and sodium than they need. In populations with diets low in salt, high blood pressure is less common than in populations with diets high in salt. Eating less salt and sodium will benefit those people whose blood pressure goes up with salt intake.

Food Tips to Moderate Use of Salt and Sodium:

- Use salt sparingly, if at all, in cooking and at the table.
- Foods that tend to be higher in sodium include many cheeses, processed meats, most frozen dinners and entrees, packaged mixes, most canned soups and vegetables, salad dressings and condiments like soy sauce, pickles, olives, catsup and mustard.
- Use salted snacks, such as chips, crackers, pretzels and nuts sparingly.
- Check labels for the amount of sodium in foods and choose those lower in sodium most of the time.

If You Drink Alcoholic Beverages, Do So In Moderation

Alcoholic beverages supply calories but little or no nutrients. Drinking them has no net health benefit, is linked with many health problems and can lead to addiction. It is also the cause of many accidents.

Some people who should **not** drink alcoholic beverages are: women who are pregnant or trying to conceive; individuals who plan to drive or engage in other activities that require attention or skill; individuals using medicines, even over-the-counter kinds; individuals who cannot keep their drinking moderate; and children and adolescents.

What's Moderate Drinking? For women, this means no more than 1 drink a day and for men, no more than 2 drinks a day.

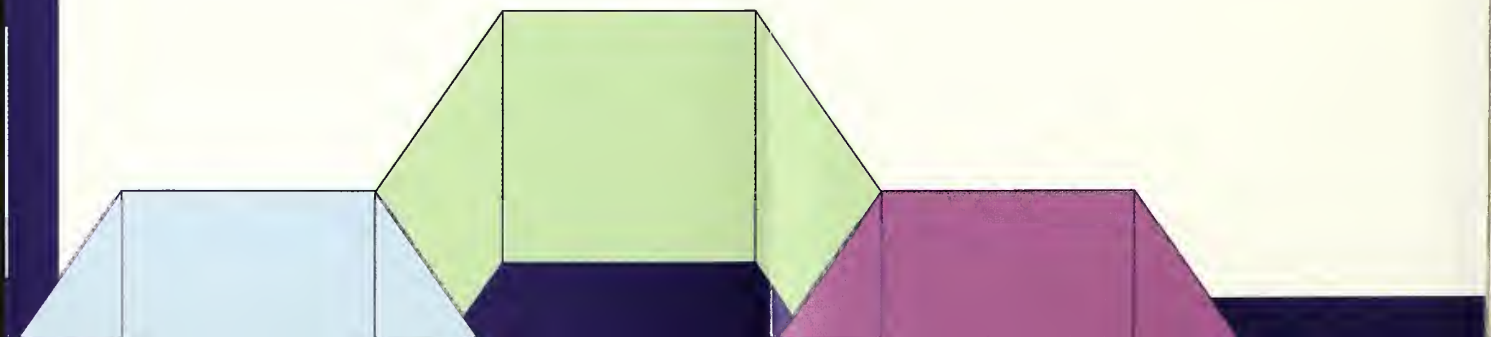
Count as a drink:

- 12 ounces of regular beer
- 5 ounces of wine
- 1 1/2 ounces of distilled spirits (80 proof)

For information on how to put the guidelines into practice contact your county extension home economist (Cooperative Extension Service) or a nutrition professional in your local Public Health Department, hospital, American Red Cross, dietetic association, diabetes association, heart association, or cancer society.

The information in this brochure has been adapted from *Nutrition and Your Health: Dietary Guidelines for Americans*, U.S. Departments of Agriculture and Health and Human Services, 1990.

For a free copy of the *Dietary Guidelines for Americans*, write to the Consumer Information Center, Department 514-X, Pueblo, CO 81009.



A Daily Food Guide

Get the nutrients your body needs by eating different foods from five food groups each day. Most people should have at least the lower number of servings from each group. Some people may need more because of their body size and activity level. Young children should eat a variety of foods but may need smaller servings.

Food Group/ Daily Servings	What Counts as a Serving
VEGETABLES 3–5 servings	– 1 cup raw leafy greens – 1/2 cup other kinds of vegetables
FRUITS 2–4 servings	– 1 medium apple, banana, orange – 1/2 cup fruit, fresh, cooked, canned – 3/4 cup juice
BREADS, CEREALS, RICE AND PASTA 6–11 servings	– 1 slice bread – 1/2 bun, bagel – 1 ounce dry cereal – 1/2 cup cooked cereal, rice, pasta
MILK, YOGURT AND CHEESE 2–3 servings	– 1 cup milk – 8 ounces yogurt – 1 1/2 ounces natural cheese – 2 ounces process cheese
MEAT, POULTRY, FISH, DRY BEANS AND PEAS, EGGS, NUTS AND SEEDS 2–3 servings	– Amounts to total 5–7 ounces of cooked lean meat, poultry or fish a day – Count 1/2 cup cooked beans, 1 egg or 2 tablespoons of peanut butter as 1 ounce of meat

Source: USDA's Food Guide

Developed as a cooperative effort by:

United States Department of Agriculture

United States Department of Health and Human Services

FOOD MARKETING INSTITUTE

1750 K Street, N.W.
Washington, DC 20006

1991

Nutrition and Your Health:

Dietary Guidelines for Americans



Eat a variety of foods page 5

Maintain healthy weight page 8

Choose a diet low in fat, saturated fat, and cholesterol page 13

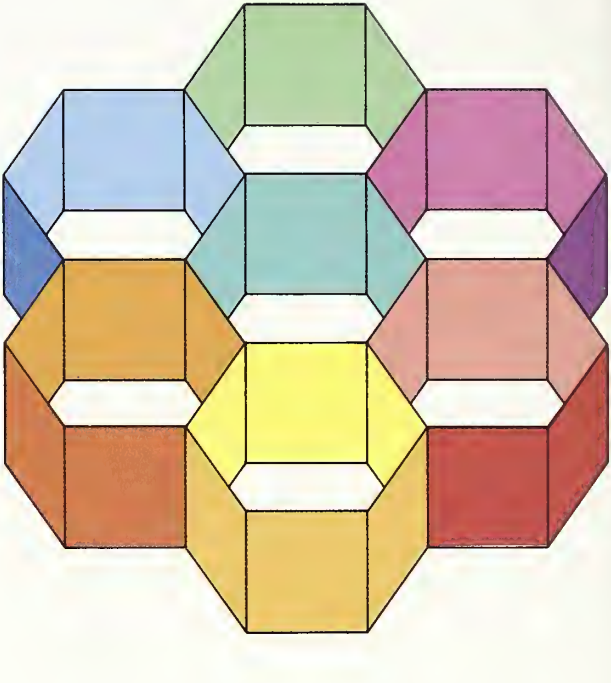
Choose a diet with plenty of vegetables, fruits, and grain products page 18

Use sugars only in moderation page 21

Use salt and sodium only in moderation page 23

If you drink alcoholic beverages, do so in moderation page 25

Third Edition, 1990
U.S. Department of Agriculture
U.S. Department of Health and Human Services



Revised November 1990

Dietary Guidelines for Americans

What should Americans eat to stay healthy?

These guidelines help answer this question. They are advice for healthy Americans ages 2 years and over—not for younger children and infants, whose dietary needs differ. The guidelines reflect recommendations of nutrition authorities who agree that enough is known about diet's effect on health to encourage certain dietary practices by Americans (see page 27).

Many American diets have too many calories and too much fat (especially saturated fat), cholesterol, and sodium. They also have too little complex carbohydrates and fiber. Such diets are one cause of America's high rates of obesity and of certain diseases—heart disease, high blood pressure, stroke, diabetes, and some forms of cancer. The exact role of diet in some of these is still being studied.

Diseases caused by vitamin and mineral deficiencies are rare in this country. But some people do not get recommended amounts of a few nutrients, especially calcium and iron.

Food alone cannot make you healthy. Good health also depends on your heredity, your environment, and the health care you get. Your lifestyle is also important to your health—how much you exercise and whether you smoke, drink alcoholic beverages to excess, or abuse drugs, for example. But a diet based on these guidelines can help you keep healthy and may improve your health.

The first two guidelines form the framework for the diet: "Eat a variety of foods" for the nutrients you need and for energy (calories) to "Maintain healthy weight." The next two guidelines stress the need for many Americans to change their diets to be lower in fat, especially saturated fat, and higher in complex carbohydrates and fiber. Other guidelines suggest only moderate use of sugars, salt, and, if used at all, alcoholic beverages.

DIETARY GUIDELINES FOR AMERICANS

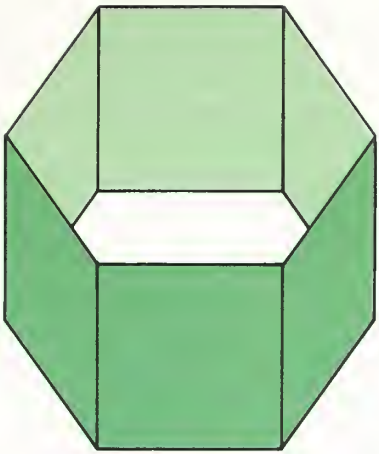
- **Eat a variety of foods**
- **Maintain healthy weight**
- **Choose a diet low in fat, saturated fat, and cholesterol**
- **Choose a diet with plenty of vegetables, fruits, and grain products**
- **Use sugars only in moderation**
- **Use salt and sodium only in moderation**
- **If you drink alcoholic beverages, do so in moderation.**

These guidelines call for moderation—avoiding extremes in diet. Both eating too much and eating too little can be harmful. Also, be cautious of diets based on the belief that a food or supplement alone can cure or prevent disease.

Your good health may depend on your learning more about yourself. Are you at your healthy weight? Are your blood pressure and your blood cholesterol levels too high? If so, diet or medicine your doctor prescribes may help reduce them. Generally, the sooner a problem is found, the easier it is to treat.

The foods Americans have to choose from are varied, plentiful, and safe to eat. These guidelines can help you choose a diet that is both healthful and enjoyable.

Read on for more about each guideline—what it means, how it is important to health, brief "advice for today," and some tips on using the guideline. See page 27 for how to get more help.



Eat a Variety of Foods

You need more than 40 different nutrients for good health. Essential nutrients include vitamins, minerals, amino acids from protein, certain fatty acids from fat, and sources of calories (protein, carbohydrates, and fat).

These nutrients should come from a variety of foods, not from a few highly fortified foods or supplements. Any food that supplies calories and nutrients can be part of a nutritious diet. The content of the total diet over a day or more is what counts.

Many foods are good sources of several nutrients. For example, vegetables and fruits are important for vitamins A and C, folic acid, minerals, and fiber. Breads and cereals supply B vitamins, iron, and protein; whole-grain types are also good sources of fiber. Milk provides protein, B vitamins, vitamins A and D, calcium, and phosphorus. Meat, poultry, and fish provide protein, B vitamins, iron, and zinc.

No single food can supply all nutrients in the amounts you need. For example, milk supplies calcium but little iron; meat supplies iron but little calcium. To have a nutritious diet, you must eat a variety of foods.

One way to assure variety—and with it, an enjoyable and nutritious diet—is to choose

foods each day from five major food groups (see box). Individuals who do not eat foods from one or more of the food groups may want to contact a dietitian for help in planning how to meet nutritional needs.

A DAILY FOOD GUIDE

Eat a variety of foods daily, choosing different foods from each group. Most people should have at least the lower number of servings suggested from each food group. Some people may need more because of their body size and activity level. Young children should have a variety of foods but may need small servings.

Food group	Suggested servings
Vegetables	3-5 servings (see p. 20)[1]
Fruits	2-4 servings (see p. 20)
Breads, cereals, rice, and pasta	6-11 servings (see p. 20)
Milk, yogurt, and cheese	2-3 servings (see p. 17)
Meats, poultry, fish, dry beans and peas, eggs, and nuts	2-3 servings (see p. 17)

[1]See pages noted for help on how to choose foods to follow the other guidelines and on what counts as a serving.

Source: USDA's Food Guide (see page 27).

People who are inactive or are trying to lose weight may eat little food. They need to take special care to choose lower calorie, nutrient-rich foods from the five major food groups. They also need to eat less of foods high in calories and low in essential nutrients, such as fats and oils, sugars, and alcoholic beverages.

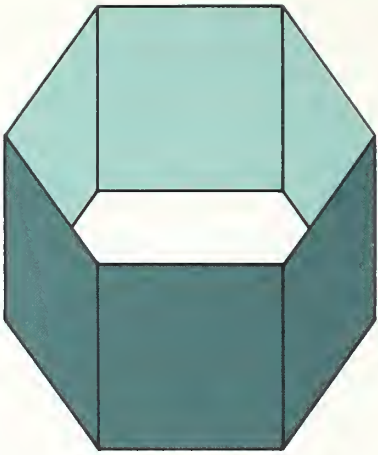
Diets of some groups of people are notably low in some nutrients. Many women and adolescent girls need to eat more calcium-rich foods, such as milk and milk products, to get the calcium they need for healthy bones throughout life. Young children, teenage girls, and women of childbearing age must take care to eat enough iron-rich foods such as

lean meats; dry beans; and whole-grain and iron-enriched breads, cereals, and other grain products.

Supplements of some nutrients taken regularly in large amounts can be harmful. Vitamin and mineral supplements at or below the Recommended Dietary Allowances (RDA) are safe, but are rarely needed if you eat a variety of foods. Here are exceptions in which your doctor may recommend a supplement:

- Pregnant women often need an iron supplement. Some other women in their childbearing years may also need an iron supplement to help replace iron lost in menstrual bleeding.
- Certain women who are pregnant or breast-feeding may need a supplement to meet their increased requirements for some nutrients.
- People who are unable to be active and eat little food may need supplements.
- People, especially older people, who take medicines that interact with nutrients may need supplements.

Advice for today: Get the many nutrients your body needs by choosing different foods you enjoy eating from these five groups daily: vegetables, fruits, grain products, milk and milk products, and meats and meat alternatives.



Maintain Healthy Weight

If you are too fat or too thin, your chances of developing health problems are increased.

Being too fat is common in the United States. It is linked with high blood pressure, heart disease, stroke, the most common type of diabetes, certain cancers, and other types of illness.

Being too thin is a less common problem. It occurs with anorexia nervosa and is linked with osteoporosis in women and greater risk of early death in both women and men.

Whether your weight is "healthy" depends on how much of your weight is fat, where in your body the fat is located, and whether you have weight-related medical problems, such as high blood pressure, or a family history of such problems.

What is a healthy weight for you? There is no exact answer right now. Researchers are trying to develop more precise ways to describe healthy weight. In the meantime, you can use the guidelines suggested below to help judge if your weight is healthy.

See if your weight is within the range suggested in the table for persons of your age and height. The table shows higher weights for people 35 years and above than for younger adults. This is because recent research suggests

Table. Suggested Weights for Adults

Height[1]	Weight in pounds[2]	
	19 to 34 years	35 years and over
5'0"	[3]97-128	108-138
5'1"	101-132	111-143
5'2"	104-137	115-148
5'3"	107-141	119-152
5'4"	111-146	122-157
5'5"	114-150	126-162
5'6"	118-155	130-167
5'7"	121-160	134-172
5'8"	125-164	138-178
5'9"	129-169	142-183
5'10"	132-174	146-188
5'11"	136-179	151-194
6' 0"	140-184	155-199
6' 1"	144-189	159-205
6' 2"	148-195	164-210
6' 3"	152-200	168-216
6' 4"	156-205	173-222
6' 5"	160-211	177-228
6' 6"	164-216	182-234

[1]Without shoes.
[2]Without clothes.
[3]The higher weights in the ranges generally apply to men, who tend to have more muscle and bone; the lower weights more often apply to women, who have less muscle and bone.

Source: Derived from National Research Council, 1989 (see page 27).

that people can be a little heavier as they grow older without added risk to health. Just how much heavier is not yet clear. The weight ranges given in the table are likely to change based on research under way.

Ranges of weights are given in the table because people of the same height may have equal amounts of body fat but differ in muscle and bone. The higher weights in the ranges are suggested for people with more muscle and bone.

Weights above the range are believed to be unhealthy for most people. Weights slightly below the range may be healthy for some small-boned people but are sometimes linked to health problems, especially if sudden weight loss has occurred.

Research also suggests that, for adults, body shape as well as weight is important to health. Excess fat in the abdomen is believed to be of greater health risk than that in the hips and thighs. There are several ways to check body shape. Some require the help of a doctor; others you can do yourself.

A look at your profile in the mirror may be enough to make it clear that you have too much fat in the abdomen. Or you can check your body shape this way:

- Measure around your waist near your navel while you stand relaxed, not pulling in your stomach.
- Measure around your hips, over the buttocks, where they are largest.
- Divide the waist measure by the hips measure to get your waist-to-hip ratio. Research in adults suggests that ratios close to or above one are linked with greater risk for several diseases. However, ratios have not been defined for all populations or age groups.

If your weight is within the range in the table, if your waist-to-hip ratio does not place you at risk, and if you have no medical problem for which your doctor advises you to gain or lose weight, there appears to be no health advantage to changing your weight. If you do not meet all of these conditions, or if you are not sure, you may want to talk to your doctor about how your weight might affect your health and what you should do about it.

Heredity plays a role in body size and shape as do exercise and what you eat. Some people seem to be able to eat more than others and still maintain a good body size and shape.

No one plan for losing weight is best for everyone. If you are not physically active, regular exercise may help you lose weight and keep it off. See page 12 for the calories expended in some activities. If you eat too much, decreasing your calorie intake as advised on page 12 may help. However, getting enough of some nutrients is difficult in diets of 1,200 calories or less. Long-term success usually depends upon new and better lifelong habits of both exercise and eating.

Do not try to lose weight too fast. A steady loss of 1/2 to 1 pound a week until you reach your goal is generally safe. Avoid crash weight-loss diets that severely restrict the variety of foods or the calories you can have.

Avoid other extreme approaches to losing weight. These include inducing vomiting and using medications such as laxatives, amphetamines, and diuretics. Such approaches are not appropriate for losing weight and can be dangerous.

You probably do not need to try to lose weight if your weight is already below the suggested range in the table and if you are otherwise healthy. If you lose weight suddenly or for unknown reasons, see a doctor. Unexplained weight loss may be an early clue to a health problem.

Children need calories to grow and develop normally; weight-reducing diets are usually not recommended for them. Overweight children may need special help in choosing physical activities they enjoy and nutritious diets with adequate but not excessive calories.

Advice for today: Check to see if you are at a healthy weight. If not, set reasonable weight goals and try for long-term success through better habits of eating and exercise. Have children's heights and weights checked regularly by a doctor.

TO INCREASE CALORIE EXPENDITURE—
be more physically active.

Activity	Calories expended per hour[1]	
	Man[2]	Woman[2]
Sitting quietly	100	80
Standing quietly	120	95
Light activity:	300	240
Cleaning house		
Office work		
Playing baseball		
Playing golf		
Moderate activity:	460	370
Walking briskly (3.5 mph)		
Gardening		
Cycling (5.5 mph)		
Dancing		
Playing basketball		
Strenuous activity:	730	580
Jogging (9 min./mile)		
Playing football		
Swimming		
Very strenuous activity:	920	740
Running (7 min./mile)		
Racquetball		
Skiing		

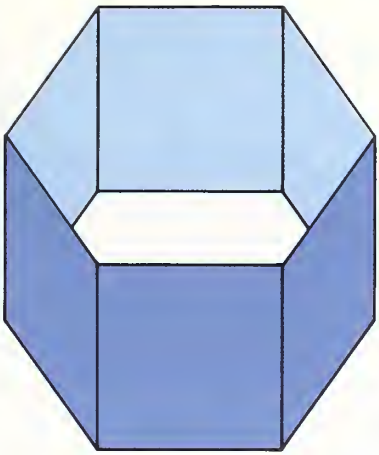
[1]May vary depending on environmental conditions.
[2]Healthy man, 175 lbs; healthy woman, 140 lbs

Source: Derived from McArdle, et al., **Exercise Physiology**, 1986.

TO DECREASE CALORIE INTAKE—
Eat a variety of foods that is low in calories and high in nutrients:

- Eat less fat and fatty foods.
- Eat more fruits, vegetables, and breads and cereals—without fats and sugars added in preparation and at the table.
- Eat less sugars and sweets.
- Drink little or no alcoholic beverages.

Eat smaller portions; limit second helpings.



Choose a Diet Low in Fat, Saturated Fat, and Cholesterol

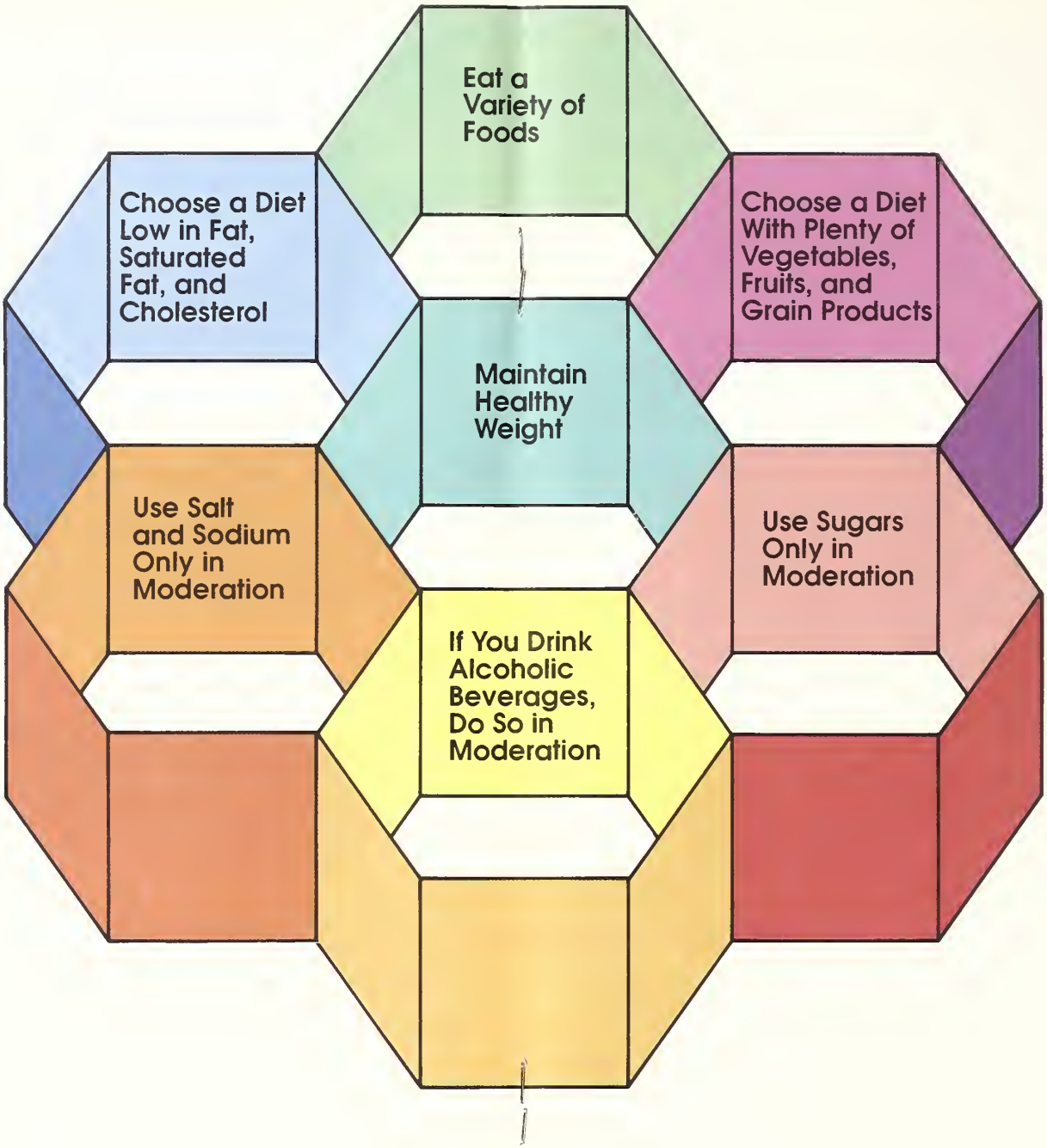
Most health authorities recommend an American diet with less fat, saturated fat, and cholesterol. Populations like ours with diets high in fat have more obesity and certain types of cancer. The higher levels of saturated fat and cholesterol in our diets are linked to our increased risk for heart disease.

A diet low in fat makes it easier for you to include the variety of foods you need for nutrients without exceeding your calorie needs because fat contains over twice the calories of an equal amount of carbohydrates or protein.

A diet low in saturated fat and cholesterol can help maintain a desirable level of blood cholesterol. For adults this level is below 200 mg/dl. As blood cholesterol increases above this level, greater risk for heart disease occurs. Risk can also be increased by high blood pressure, cigarette smoking, diabetes, a family history of premature heart disease, obesity, and being a male.

The way diet affects blood cholesterol varies among individuals. However, blood cholesterol does increase in most people when they eat a

(continued on page 16)



Use the seven guidelines together as you choose a healthful and enjoyable diet.

diet high in saturated fat and cholesterol and excessive in calories. Of these, dietary saturated fat has the greatest effect; dietary cholesterol has less.

Suggested goals for fats in American diets are as follows:

Total fat. An amount that provides 30 percent or less of calories is suggested. Thus, the upper limit on the grams of fat in your diet depends on the calories you need. For example, at 2,000 calories per day, your suggested upper limit is 600 calories from fat (2,000 x .30). This is equal to 67 grams of fat (600 ÷ 9, the number of calories each gram of fat provides). The grams of fat in some foods are shown in the box.

Saturated fat. An amount that provides less than 10 percent of calories (less than 22 grams at 2,000 calories per day) is suggested. All fats contain both saturated and unsaturated fat (fatty acids). The fats in animal products are the main sources of saturated fat in most diets, with tropical oils (coconut, palm kernel, and palm oils) and hydrogenated fats providing smaller amounts.

Cholesterol. Animal products are the source of all dietary cholesterol. Eating less fat from animal sources will help lower cholesterol as well as total fat and saturated fat in your diet.

These goals for fats are not for children under 2 years, who have special dietary needs. As children begin to eat with the family, usually at about 2 years of age or older, they should be encouraged to choose diets that are lower in fat and saturated fat and that provide the calories and nutrients they need for normal growth. Older children and adults with established food habits may need to change their diets gradually toward the goals.

These goals for fats apply to the diet over several days, not to a single meal or food. Some foods that contain fat, saturated fat, and cholesterol, such as meats, milk, cheese, and eggs, also contain high-quality protein and are our best sources of certain vitamins and minerals. Lowfat choices of these foods are lean meat and lowfat milk and cheeses.

Advice for today: Have your blood cholesterol level checked, preferably by a doctor. If it is high, follow the doctor's advice about diet and, if necessary, medication. If it is at the desirable level, help keep it that way with a diet low in fat, saturated fat, and cholesterol: Eat plenty of vegetables, fruits, and grain products; choose lean meats, fish, poultry without skin, and lowfat dairy products most of the time; and use fats and oils sparingly.

FOR A DIET LOW IN FAT, SATURATED FAT, AND CHOLESTEROL

Fats and oils

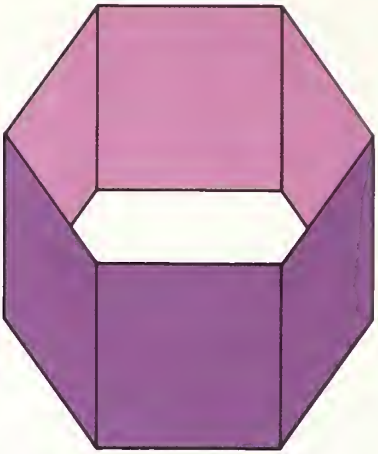
- Use fats and oils sparingly in cooking.
- Use small amounts of salad dressings and spreads, such as butter, margarine, and mayonnaise. One tablespoon of most of these spreads provides 10 to 11 grams of fat.
- Choose liquid vegetable oils most often because they are lower in saturated fat.
- Check labels on foods to see how much fat and saturated fat are in a serving.

Meat, poultry, fish, dry beans, and eggs

- Have two or three servings, with a daily total of about 6 ounces. Three ounces of cooked lean beef or chicken without skin—the size of a deck of cards—provides about 6 grams of fat.
- Trim fat from meat; take skin off poultry.
- Have cooked dry beans and peas instead of meat occasionally.
- Moderate the use of egg yolks and organ meats.

Milk and milk products

- Have two or three servings daily. (Count as a serving: 1 cup of milk or yogurt or about 1 1/2 ounces of cheese.)
- Choose skim or lowfat milk and fat-free or lowfat yogurt and cheese most of the time. One cup of skim milk has only a trace of fat, 1 cup of 2-percent-fat milk has 5 grams of fat, and 1 cup of whole milk has 8 grams of fat.



Choose a Diet with Plenty of Vegetables, Fruits, and Grain Products

This guideline recommends that adults eat at least three servings of vegetables and two servings of fruits daily. It recommends at least six servings of grain products, such as breads, cereals, pasta, and rice, with an emphasis on whole grains. (See box on page 20 for what to count as a serving.) Children should also be encouraged to eat plenty of these foods.

Vegetables, fruits, and grain products are important parts of the varied diet discussed in the first guideline. They are emphasized in this guideline especially for their complex carbohydrates, dietary fiber, and other food components linked to good health.

These foods are generally low in fats. By choosing the suggested amounts of them, you are likely to increase carbohydrates and decrease fats in your diet, as health authorities suggest. You will also get more dietary fiber.

Complex carbohydrates, such as starches, are in breads, cereals, pasta, rice, dry beans and peas, and other vegetables, such as potatoes and corn. Dietary fiber—a part of

plant foods—is in whole-grain breads and cereals, dry beans and peas, vegetables, and fruits. It is best to eat a variety of these fiber-rich foods because they differ in the kinds of fiber they contain.

Eating foods with fiber is important for proper bowel function and can reduce symptoms of chronic constipation, diverticular disease, and hemorrhoids. Populations like ours with diets low in dietary fiber and complex carbohydrates and high in fat, especially saturated fat, tend to have more heart disease, obesity, and some cancers. Just how dietary fiber is involved is not yet clear.

Some of the benefit from a higher fiber diet may be from the food that provides the fiber, not from fiber alone. For this reason, it's best to get fiber from foods rather than from supplements. In addition, excessive use of fiber supplements is associated with greater risk for intestinal problems and lower absorption of some minerals.

Advice for today: Eat more vegetables, including dry beans and peas; fruits; and breads, cereals, pasta, and rice. Increase your fiber intake by eating more of a variety of foods that contain fiber naturally.

FOR A DIET WITH PLENTY OF VEGETABLES, FRUITS, AND GRAIN PRODUCTS, HAVE DAILY—

Three or more servings of various vegetables.
(Count as a serving: 1 cup of raw leafy greens, 1/2 cup of other kinds)

- Have dark-green leafy and deep-yellow vegetables often.
- Eat dry beans and peas often. (Count 1/2 cup of cooked dry beans or peas as a serving of vegetables or as 1 ounce of the meat group.)
- Also eat starchy vegetables, such as potatoes and corn.

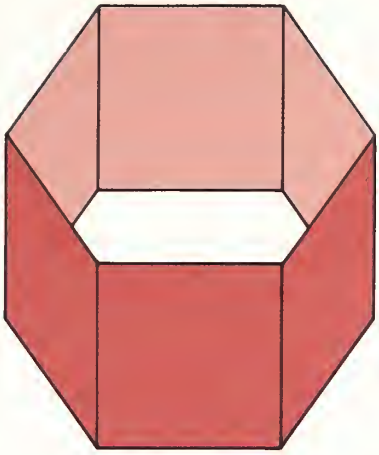
Two or more servings of various fruits.
(Count as a serving: 1 medium apple, orange, or banana; 1/2 cup of small or diced fruit; 3/4 cup of juice)

- Have citrus fruits or juices, melons, or berries regularly.
- Choose fruits as desserts and fruit juices as beverages.

Six or more servings of grain products (breads, cereals, pasta, and rice)
(Count as a serving: 1 slice of bread; 1/2 bun, bagel, or english muffin; 1 ounce of dry ready-to-eat cereal; 1/2 cup of cooked cereal, rice, or pasta)

- Eat products from a variety of grains, such as wheat, rice, oats, and corn.
- Have several servings of whole-grain breads and cereals daily.

Vegetables, fruits, and grain products are generally low in calories if fats and sugars are used sparingly in their preparation and at the table.



Use Sugars Only in Moderation

Americans eat sugars in many forms (see box on page 22). Sugars provide calories and most people like their taste. Some serve as natural preservatives, thickeners, and baking aids in foods. This guideline cautions about eating sugars in large amounts and about frequent snacks of foods containing sugars and starches.

Sugars and many foods that contain them in large amounts supply calories but are limited in nutrients. Thus, they should be used in moderation by most healthy people and sparingly by people with low calorie needs. For very active people with high calorie needs, sugars can be an additional source of calories.

Both sugars and starches—which break down into sugars—can contribute to tooth decay. Sugars and starches are in many foods that also supply nutrients—milk; fruits; some vegetables; and breads, cereals, and other foods with sugars and starches as ingredients. The more often these foods—even small amounts—are eaten and the longer they are in the mouth before teeth are brushed, the greater the risk for tooth decay. Thus, eating such foods as frequent between-meal snacks may be more harmful to teeth than having them at meals.

Regular daily brushing with a fluoride toothpaste helps reduce tooth decay by getting fluoride to the teeth. Fluoridated water or other sources of fluoride that a doctor or dentist suggests are especially important for children whose unerupted teeth are forming and growing.

Diets high in sugars have not been shown to cause diabetes. The most common type of diabetes occurs in overweight adults, and avoiding sugars alone will not correct overweight.

Advice for today: Use sugars in moderate amounts—sparingly if your calorie needs are low. Avoid excessive snacking and brush and floss your teeth regularly.

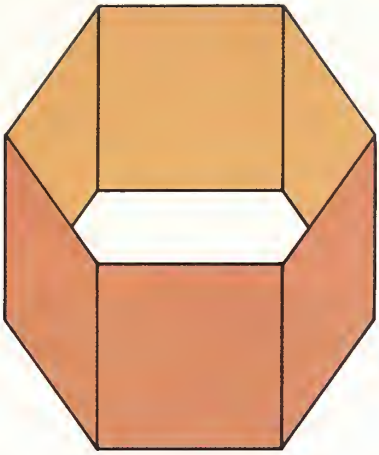
WHAT IS MEANT BY "SUGARS"?

table sugar (sucrose)
brown sugar
raw sugar
glucose (dextrose)
fructose
maltose
lactose
honey
syrup
corn sweetener
high-fructose corn syrup
molasses
fruit juice concentrate

Read food labels. A food is likely to be high in sugars if its ingredient list shows one of the above first or second or if it shows several of them.

FOR HEALTHIER TEETH AND GUMS—

- Moderate the use of foods containing sugars and starches between meals.
- Brush and floss teeth regularly.
- Use a fluoride toothpaste.
- Ask your dentist or doctor about the need for supplemental fluoride, especially for children.
- Do not use a nursing bottle with any beverage other than water as a pacifier.



Use Salt and Sodium Only in Moderation

Table salt contains sodium and chloride—both are essential in the diet. However, most Americans eat more salt and sodium than they need. Food and beverages containing salt provide most of the sodium in our diets, much of it added during processing and manufacturing.

In populations with diets low in salt, high blood pressure is less common than in populations with diets high in salt. Other factors that affect blood pressure are heredity, obesity, and excessive drinking of alcoholic beverages.

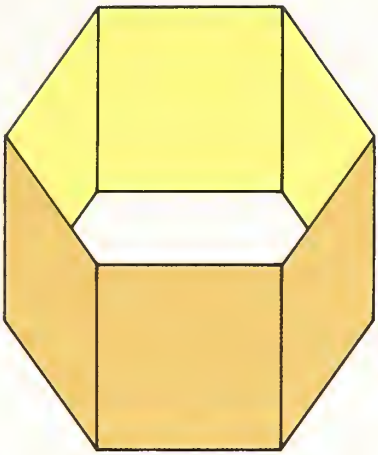
In the United States, about one in three adults has high blood pressure. If these people restrict their salt and sodium, usually their blood pressure will fall.

Some people who do not have high blood pressure may reduce their risk of getting it by eating a diet with less salt and other sources of sodium. At present there is no way to predict who might develop high blood pressure and who will benefit from reducing dietary salt and sodium. However, it is wise for most people to eat less salt and sodium because they need much less than they eat and reduction will benefit those people whose blood pressure rises with salt intake.

Advice for today: Have your blood pressure checked. If it is high, consult a doctor about diet and medication. If it is normal, help keep it that way: maintain a healthy weight, exercise regularly, and try to use less salt and sodium. (Normal blood pressure for adults: systolic less than 140 mmHg and diastolic less than 85 mmHg.)

TO MODERATE USE OF SALT AND SODIUM—

- Use salt sparingly, if at all, in cooking and at the table.
- When planning meals, consider that—
  - —fresh and plain frozen vegetables prepared without salt are lower in sodium than canned ones.
  - —cereals, pasta, and rice cooked without salt are lower in sodium than ready-to-eat cereals.
  - —milk and yogurt are lower in sodium than most cheeses.
  - —fresh meat, poultry, and fish are lower in sodium than most canned and processed ones.
  - —most frozen dinners and combination dishes, packaged mixes, canned soups, and salad dressings contain a considerable amount of sodium. So do condiments, such as soy and other sauces, pickles, olives, catsup, and mustard.
- Use salted snacks, such as chips, crackers, pretzels, and nuts, sparingly.
- Check labels for the amount of sodium in foods. Choose those lower in sodium most of the time.



If You Drink Alcoholic Beverages, Do So in Moderation

Alcoholic beverages supply calories but little or no nutrients. Drinking them has no net health benefit, is linked with many health problems, is the cause of many accidents, and can lead to addiction. Their consumption is not recommended. If adults elect to drink alcoholic beverages, they should consume them in moderate amounts (see box on page 26).

Some people should **not** drink alcoholic beverages:

- **Women who are pregnant or trying to conceive.** Major birth defects have been attributed to heavy drinking by the mother while pregnant. Women who are pregnant or trying to conceive should not drink alcoholic beverages. However, there is no conclusive evidence that an occasional drink is harmful.
- **Individuals who plan to drive or engage in other activities that require attention or skill.** Most people retain some alcohol in the blood 3 to 5 hours after even moderate drinking.

- **Individuals using medicines, even over-the-counter kinds.** Alcohol may affect the benefits or toxicity of medicines. Also, some medicines may increase blood alcohol levels or increase alcohol's adverse effect on the brain.
- **Individuals who cannot keep their drinking moderate.** This is a special concern for recovering alcoholics and people whose family members have alcohol problems.
- **Children and adolescents.** Use of alcoholic beverages by children and adolescents involves risks to health and other serious problems.

Heavy drinkers are often malnourished because of low food intake and poor absorption of nutrients by the body. Too much alcohol may cause cirrhosis of the liver, inflammation of the pancreas, damage to the brain and heart, and increased risk for many cancers.

Some studies have suggested that moderate drinking is linked to lower risk for heart attacks. However, drinking is also linked to higher risk for high blood pressure and hemorrhagic stroke.

Advice for today: If you drink alcoholic beverages, do so in moderation; and don't drive.

WHAT'S MODERATE DRINKING?

Women: No more than 1 drink a day
Men: No more than 2 drinks a day

Count as a drink:
- 12 ounces of regular beer
- 5 ounces of wine
- $1\frac{1}{2}$ ounces of distilled spirits (80 proof)

Acknowledgments: The U.S. Department of Agriculture and the U.S. Department of Health and Human Services acknowledge the recommendations of the Dietary Guidelines Advisory Committee—the basis for this edition. The Committee consisted of Malden C. Nesheim, Ph.D. (chairman); Lewis A. Barness, M.D.; Peggy R. Borum, Ph.D.; C. Wayne Callaway, M.D.; John C. LaRosa, M.D.; Charles S. Lieber, M.D.; John A. Milner, Ph.D.; Rebecca M. Mullis, Ph.D., and Barbara O. Schneeman, Ph.D.

Some of the scientific basis for these guidelines:

—The Surgeon General's Report on Nutrition and Health. 1988. Public Health Service, U.S. Department of Health and Human Services.

—Diet and Health: Implications for Reducing Chronic Disease Risk. 1989. National Research Council, National Academy of Sciences.

—Recommended Dietary Allowances, 10th Ed. 1989. National Research Council, National Academy of Sciences.

Information on how to put the guidelines into practice:

- Contact the Human Nutrition Information Service, USDA, Room 325-A, 6505 Belcrest Road, Hyattsville, MD 20782, for how to order:

—The USDA Food Guide in "Preparing Foods and Planning Menus Using the Dietary Guidelines." HG- 232-8, 1989.

—"Dietary Guidelines and Your Diet." HG-232-1 through -11, 1986 and 1989. Bulletins on eating right the Dietary Guidelines way.

—"Nutritive Value of Foods," HG-72. 1985.

- Contact the National Institutes of Health, Room 10 A 24, Building 31, Bethesda, MD 20892, for this and other bulletins:

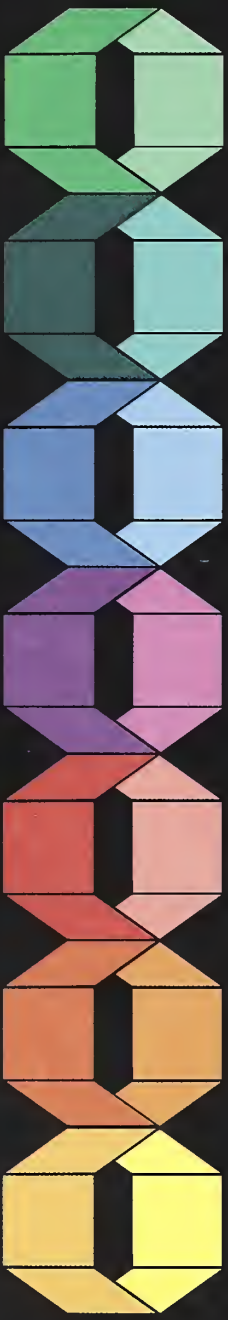
—"Eating for Life." NIH Publication No. 88-3000, 1988.

- Contact your county extension home economist (Cooperative Extension System) or a nutrition professional in your local Public Health Department, hospital, American Red Cross, dietetic association, diabetes association, heart association, or cancer society.

☆ U.S. GPO: 1990—273-930

LA NUTRICION Y SU SALUD

Guías para su dieta



Consuma una variedad de alimentos página 5

Mantenga un peso saludable página 8

Seleccione una dieta baja en grasas, grasas saturadas y colesterol página 13

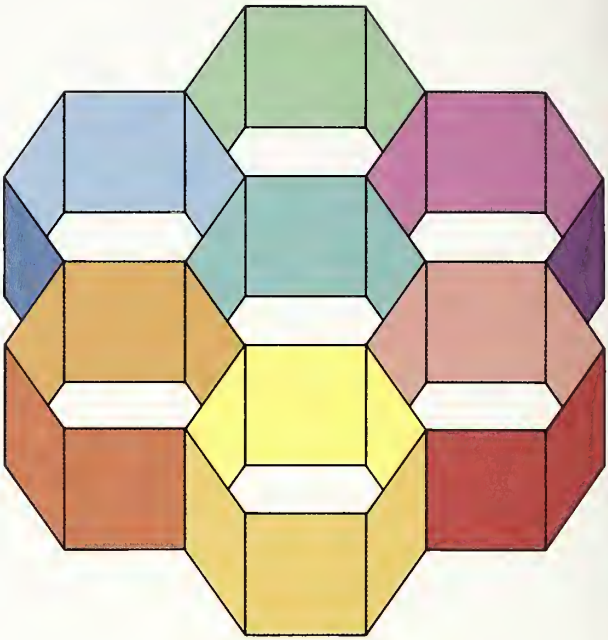
Seleccione una dieta abundante en verduras, frutas y productos derivados de granos página 18

Consuma azúcar solo con moderación página 21

Consuma sal y sodio solo con moderación página 23

Si toma bebidas alcohólicas, hágalo con moderación página 25

Tercera edición, 1990
Departamento de Agricultura, EE. UU.
Departamento de Salud y Servicios Sociales, EE. UU.



Reconcimientos: El Departamento de Agricultura de los Estados Unidos y el Departamento de Salud y Servicios Sociales de los Estados Unidos reconocen las recomendaciones del Dietary Guidelines Advisory Committee (Comité Asesor de Guías Alimentarias) en las que se ha basado esta publicación. Integran el Comité Malden C. Nesheim, Ph.D. (presidente); Lewis A. Barness, M.D.; Peggy R. Borum, Ph.D.; C. Wayne Callaway, M.D.; John C. LaRosa, M.D.; Charles S. Lieber, M.D.; John A. Milner, Ph.D.; Rebecca M. Mullis, Ph.D. y Barbara O. Schneeman, Ph.D.

Revisado—noviembre de 1991

Guías alimentarias para la población de los Estados Unidos

¿Qué deberían comer los estadounidenses para mantenerse sanos? Son consejos para los estadounidenses sanos mayores de 2 años, no para los bebés y niños muy pequeños, cuyas necesidades alimentarias son diferentes.

Las guías reflejan las recomendaciones de los expertos en nutrición que están de acuerdo en que ya se sabe lo suficiente acerca de los efectos (repercusiones) de la alimentación sobre la salud como para alentar a la población a seguir ciertas practicas alimentarias (vea la página 27).

La dieta de muchos estadounidenses contiene demasiadas calorías y grasas (especialmente grasas saturadas), colesterol y sodio. También consumen muy pocos carbohidratos complejos y fibra. Esa dieta es una de las causas del gran porcentaje de obesos y de ciertas enfermedades del corazón, la alta presión, los derrames cerebrales, la diabetes, y algunos tipos de cáncer. Hasta el presente no se conoce la función exacta de la dieta en algunas de esas enfermedades.

En este país son raras las enfermedades causadas por la deficiencia de vitaminas y minerales. Pero algunas personas no consumen la cantidad recomendada de algunos nutrientes en especial calcio y hierro.

La buena salud no se logra solamente a través de los alimentos. La buena salud depende también de sus factores hereditarios, su medio ambiente y la atención médica que usted recibe. Su estilo de vida es muy importante para la salud, depende de cuanto ejercicio practica o si fuma, si toma bebidas alcóholicas en exceso o abusa de drogas. Pero una dieta basada en estas guías puede ayudarle a mantenerse sano y mejorar su salud.

Las dos primeras guías forman el marco de la dieta: "Coma una variedad de alimentos" para obtener los nutrientes necesarios y para la energia (calorías) que le ayudarán a "Mantener un peso saludable." Las dos guías siguientes destacan la necesidad que tienen muchos estadounidenses de cambiar la dieta por una que contenga menos grasas, especialmente grasas saturadas, y más alta en carbohidratos complejos y fibra. Otras guías recomiendan el consumo solamente moderado de azúcar, sal y, si acaso, de bebidas alcohólicas.

GUIAS ALIMENTARIAS PARA LA POBLACION DE LOS ESTADOS UNIDOS

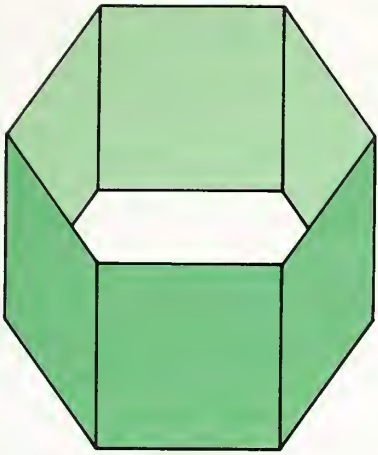
- **Coma una variedad de alimentos**
- **Mantenga un peso saludable**
- **Seleccione una dieta baja en grasas, grasas saturadas y colesterol**
- **Seleccione una dieta abundante en verduras, frutas y productos derivados de granos**
- **Consuma azúcar solo con moderación**
- **Consuma sal y sodio solo con moderación**
- **Si toma bebidas alcohólicas, hágalo con moderación**

Estas guías requieren una dieta moderada y evitando excesos. Puede ser igualmente dañino el comer demasiado como comer poco. Asimismo, no hay que fiarse de las dietas basadas en la creencia de que sólo un alimento o suplemento alimentario puede curar o prevenir las enfermedades.

Su buena salud dependerá de lo que sepa acerca de su persona. ¿Tiene un peso saludable? ¿Tiene tensión o el colesterol alto? De ser así, la dieta o las medicinas que le prescriba su médico pueden ayudarle a reducir estos niveles. Por lo general, cuanto más pronto se descubra la dolencia, más fácil será tratarla.

La población de los Estados Unidos tiene a su disposición una gran variedad y abundancia de alimentos que pueden consumirse sin peligro. Estas guías le ayudarán a seleccionar un régimen alimenticio sano y apetecible.

A continuación le ofrecemos una explicación de estas guias alimentarias (lo que significan y la importancia que tienen para la salud), un "consejo para cada día" y algunas recomendaciones sobre cómo utilizar estas guías. Vea la página 27 si necesita más ayuda al respecto.



Coma una variedad de alimentos

Para tener una buena salud es necesario consumir más de 40 diferentes nutrientes. Los nutrientes esenciales incluyen las vitaminas, los minerales, los aminoácidos, ciertos ácidos grasos, y las fuentes de energía (proteínas, carbohidratos y grasa).

Se deben obtener estos nutrientes de una variedad de alimentos, no de unos pocos muy enriquecidos o de suplementos alimentarios. Cualquier alimento que suministre calorías y nutrientes puede formar parte de una dieta nutritiva. Lo que importa es el contenido del total de lo que se come en uno o varios días.

Muchos alimentos son una buena fuente de varios elementos nutritivos. Por ejemplo, las verduras y las frutas son importantes porque contienen vitaminas A y C, ácido fólico, minerales y fibra. El pan y los cereales proporcionan vitaminas B, hierro y proteínas; el pan de trigo integral es también una buena fuente de fibra. La leche suministra proteínas, vitaminas B, vitaminas A y D, calcio y fósforo. La carne, las aves y el pescado proporcionan proteínas, vitaminas del complejo B, hierro y cinc.

Ningun alimento por si solo puede ofrecerle todos los nutrientes en las cantidades que necesita. Por ejemplo, la leche le proporciona calcio pero muy poco hierro; la carne contiene hierro pero muy poco calcio. Para tener una dieta nutritiva es necesario consumir una variedad de alimentos.

Una manera de asegurar una variedad de alimentos (y a la vez tener una dieta nutritiva y apetecible) es elegir cada día alimentos de los cinco grupos principales (vea el cuadro). Las personas que no consumen alimentos de uno o más de los grupos indicados pueden recurrir a un dietista para que les ayude a elaborar un plan que les permita satisfacer sus necesidades nutritivas.

GUIA ALIMENTARIA DIARIA

Debe comer diariamente varios alimentos de cada grupo. La mayoría de las personas deben consumir al menos el número mínimo de porciones recomendadas de cada grupo. Algunas necesitarán una mayor cantidad debido a su tamaño y al nivel de las actividades que realicen. Los niños pequeños deben consumir alimentos variados pero las porciones que requieren son más pequeñas.

Grupo de alimentos	Porciones indicadas
Verduras	3 a 5 porciones (vea la página 20)[1]
Frutas	2 a 4 porciones vea la página 20)
Pan, cereales, arroz, y pastas	6 a 11 porciones (vea la página 20)
Leche, yogurt y queso	2 a 3 porciones (vea la página 17)
Carne, aves, pescado, frijoles y guisantes secos, huevos y nueces	2 a 3 porciones (vea la página 17)

[1]En las páginas indicadas encontrará una guía sobre cómo seleccionar alimentos para cumplir con las demás guías y qué es lo que constituye una porción.

Fuente: Guía de Alimentos del Departamento de Agricultura de los Estados Unidos (vea la página 27).

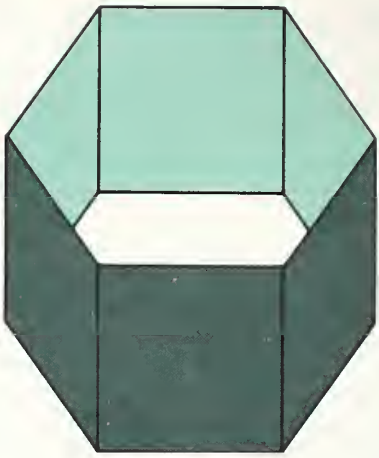
Las personas inactivas o que tratan de bajar de peso probablemente comen poco, por lo tanto, deben tener especial cuidado en seleccionar alimentos de los cinco grupos principales bajos en calorías y altos en valor nutritivo. También deben consumir menos alimentos de muchas calorías y muy poco valor nutritivo, tales como las grasas y los aceites, el azúcar y las bebidas alcohólicas.

La dieta de algunas personas carece notablemente de ciertos nutrientes. Muchas mujeres adultas y adolescentes deben comer más alimentos ricos en calcio, tales como leche y productos lácteos, para mantener un buen sistema óseo durante toda la vida. Los niños, las adolescentes y las mujeres en edad de concebir deben comer una cantidad suficiente de alimentos ricos en hierro tales como carnes magras, frijoles secos, pan integral y pan enriquecido con hierro, cereales y otros productos derivados de granos.

Los suplementos de algunos nutrientes, cuando se toman regularmente en grandes cantidades, pueden ser perjudiciales. Se pueden ingerir sin peligro vitaminas y minerales en las cantidades diarias recomendadas o en menor cantidad, pero ello rara vez es necesario si se consumen alimentos variados. El médico puede recomendar un suplemento en las siguientes circunstancias:

- A menudo, las mujeres embarazadas necesitan un suplemento de hierro. Otras mujeres en edad de concebir también pueden necesitarlo para reemplazar el hierro que pierden durante la menstruación.
- Ciertas mujeres embarazadas o que están amamantando pueden requerir un suplemento para satisfacer la necesidad de ciertos nutrientes.
- Las personas muy poco activas y que comen poco pueden necesitar suplementos.
- Algunas personas, en especial los ancianos, que toman medicamentos que afectan a los nutrientes pueden necesitar suplementos.

Consejo para hoy: Consuma los nutrientes que su cuerpo necesita seleccionando diariamente alimentos de los cinco grupos siguientes: verduras, frutas, productos de granos, leche y productos lácteos, y carnes o sus sustitutos.



Mantenga un peso saludable

Si usted es demasiado gordo o demasiado delgado su riesgo de tener problemas de salud aumenta.

La obesidad es común en los Estados Unidos y está vinculada a la presión alta, las enfermedades del corazón, los derrames cerebrales, la diabetes, ciertos tipos de cáncer, y otras enfermedades.

El ser demasiado delgado es un problema menos común. Se presenta en la anorexia nerviosa y está vinculado a la osteoporosis en las mujeres y a un mayor riesgo de una muerte temprana en mujeres y hombres.

El peso "saludable" depende de la proporción de su peso en grasa y donde está localizada, y si usted tiene problemas médicos de salud a consecuencia de su peso tales como la presión alta, o la incidencia de tales dolencias en su familia.

¿Cuál es su mejor peso? En realidad, no hay una respuesta exacta. Los investigadores tratan de elaborar medios más precisos de determinar cuál es el peso saludable. Entretanto, puede utilizar las guías recomendadas que se presentan a continuación para ayudarle a decidir si tiene el peso adecuado.

Compruebe si su peso se encuentra dentro de la escala recomendada para las personas de su edad y estatura. Este cuadro muestra un peso más alto para los mayores de 35 años.

Ello se debe a que las investigaciones recientes indican que se puede aumentar un poco de peso

a medida que se envejece sin riesgo para la salud. No se sabe con certeza cuál es el aumento adecuado. Es posible que las variaciones de peso que aparecen en el cuadro cambien según los resultados de las investigaciones en curso.

Cuadro. Pesos recomendados para los adultos

Estatura en pulgadas[1]	Peso[2] 19 a 34 años libras	Mayores de 35 años libras
60"	97-128	108-138
61"	101-132	111-143
62"	104-137	115-148
63"	107-141	119-152
64"	111-146	122-157
65"	114-150	146-162
66"	118-155	130-167
67"	121-160	134-172
68"	125-164	138-178
69"	129-169	142-183
70"	132-174	126-188
71"	136-179	151-194
72"	140-184	155-199
73"	144-189	159-205
74"	148-195	164-210
75"	152-200	168-216
76"	156-205	173-222
77"	160-211	177-228
78"	164-216	182-234

[1]Descalzo.
[2]Sin ropa. Para cada estatura, el peso mayor suele corresponder a los hombres, que tienen más musculatura y mayor densidad ósea; el peso menor, por lo general, corresponde a las mujeres.

Datos tomados del National Research Council, 1989 (vea página 27).

Las variaciones de peso en el cuadro se deben a que algunas personas con la misma estatura pueden tener una cantidad igual de grasa pero se diferencian en cuanto a la musculatura y el sistema óseo. Se recomiendan los pesos más altos para las personas que tienen mayor musculatura y densidad ósea.

Se cree que no es saludable tener un peso mayor que el indicado en la escala. Un peso ligeramente inferior al indicado puede ser aconsejable para ciertas personas de esqueleto pequeño; sin embargo, algunas veces ese peso está vinculado a enfermedades, especialmente si la pérdida de peso es repentina.

Los investigadores también recomiendan que los adultos presten tanta atención a la forma de la figura como al peso. Se cree que la gordura en el abdomen presenta un mayor riesgo para la salud que la de las caderas y los muslos. Hay diferentes maneras de examinar la figura. En algunos casos se requiere un examen médico; en otros casos lo puede hacer Ud. mismo.

Una mirada a su perfil de cuerpo entero en el espejo puede ser suficiente para comprobar si tiene demasiada gordura en el abdomen. También puede hacer lo siguiente:

- Medir la cintura a la altura del ombligo cuando se está de pie y con el cuerpo relajado, sin entrar el estómago.
- Medir las caderas, encima de las nalgas en el punto donde son más amplias.
- Dividir la medida obtenida de la cintura por la de las caderas para tener la proporción entre la cintura y la cadera.
- Las investigaciones realizadas con personas adultas indican que una proporción igual o mayor que uno está vinculada a un mayor riesgo de contraer varias enfermedades. Sin embargo, no se han determinado las proporciones para toda la población o por grupos de edades.

Si su peso está dentro de los indicados en el cuadro, si la proporción entre la cintura y la cadera no presenta un riesgo para su salud y si su médico no le aconseja subir o bajar de peso debido a una enfermedad, no hay ninguna ventaja en cambiar de peso. Si Ud. no satisface estas condiciones o si no está seguro, debe consultar a su médico acerca de las complicaciones que se podrían presentar debido a su peso y qué hacer al respecto.

Los factores hereditarios influyen en el peso y la figura, así como el ejercicio y lo que se come. Algunos pueden comer más que otros y seguir teniendo la figura y el peso adecuados.

No todos pueden perder peso con la misma dieta. Si Ud. no es físicamente activo, el hacer ejercicio regularmente le ayudará a reducir y mantener su peso. En la página 12 se indican las calorías que se gastan al realizar ciertas actividades. Si come demasiado, es aconsejable que disminuya las calorías que consume, tal como se indica en la página 12. Sin embargo, cuando se sigue una dieta de 1.200 calorías o menos, es difícil obtener la cantidad suficiente de algunos nutrientes. Si se desea tener un éxito duradero, es necesario, por lo general, formar nuevos y mejores hábitos en cuanto al ejercicio y la alimentación.

No trate de bajar de peso rápidamente. Es preferible bajar media libra o una libra (de un cuarto a medio kilo) a la semana hasta alcanzar el peso deseado. Evite las dietas que le hacen perder peso rápidamente al limitar severamente la variedad de alimentos o las calorías que le autorizan a consumir.

Evite otras maneras extremas de bajar de peso, entre ellas el vómito provocado y la ingestión de medicamentos tales como laxantes, anfetaminas y diuréticos. Estos métodos no son convenientes para bajar de peso y pueden ser peligrosos.

Es posible que Ud. no necesite bajar de peso si éste es inferior al indicado en el cuadro y si, en general, goza de buena salud. Consulte a un médico si baja de peso repentinamente o por causas desconocidas. La pérdida de peso sin explicación puede ser el indicio temprano de una enfermedad.

Los niños necesitan calorías para crecer y desarrollarse normalmente, por lo tanto, no es recomendable que sigan una dieta para bajar de peso. Los niños obesos pueden necesitar ayuda especial en la selección de actividades físicas que les agraden y de una dieta nutritiva que contenga una cantidad adecuada pero no excesiva de calorías.

Consejo para hoy: Compruebe si tiene un peso saludable. En caso contrario, fíjese metas razonables y trate, a largo plazo, de tener éxito a través de mejores hábitos alimenticios y de ejercicio. Lleve a sus niños al doctor regularmente para el control de su estatura y peso.

PARA AUMENTAR EL GASTO DE CALORIAS
¡Ante todo, sea más activo físicamente!

Actividad	Gasto de calorías por hora[1]	
	Hombres (175 libras)	Mujeres (140 libras)
Sentado, en reposo	100	80
De pie, inmóvil	120	95
Actividades livianas:	300	240
Limpieza de la casa		
Trabajo de oficina		
Béisbol		
Golf		
Actividades moderadas:	460	370
Caminata rápida (3,5 millas por hora)		
Jardinería		
Ciclismo (5,5 millas por hora)		
Baile		
Baloncesto		
Actividades intensas:	730	580
Trotar (10 km/hora)		
Fútbol		
Natación		
Actividades muy intensas:	920	740
Correr (13 km/hora)		
Racquetball		
Esquiar		

[1]Varío en razón de los condiciones del medio ambiente.

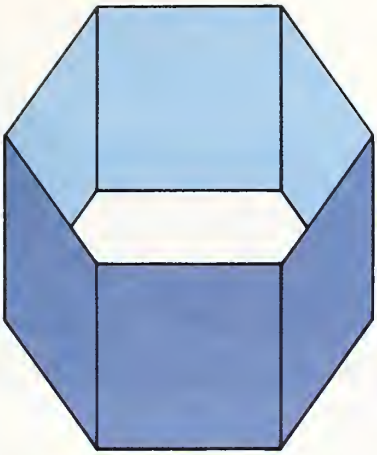
Datos tomados de McArdle, et al, **Exercise Physiology**, 1986

PARA REDUCIR EL CONSUMO DE CALORIAS

Consuma una variedad de alimentos bajos en calorías pero muy nutritivos:

- Consuma menos grasas y alimentos grasos
- Coma más frutas, verduras, panes y cereales, a los que no se les haya agregado grasa o azúcar en su preparación o en la mesa
- Consuma menos azúcares y golosinas
- Beba pocas bebidas alcohólicas o absténgase por completo

Coma porciones pequeñas y no repita.



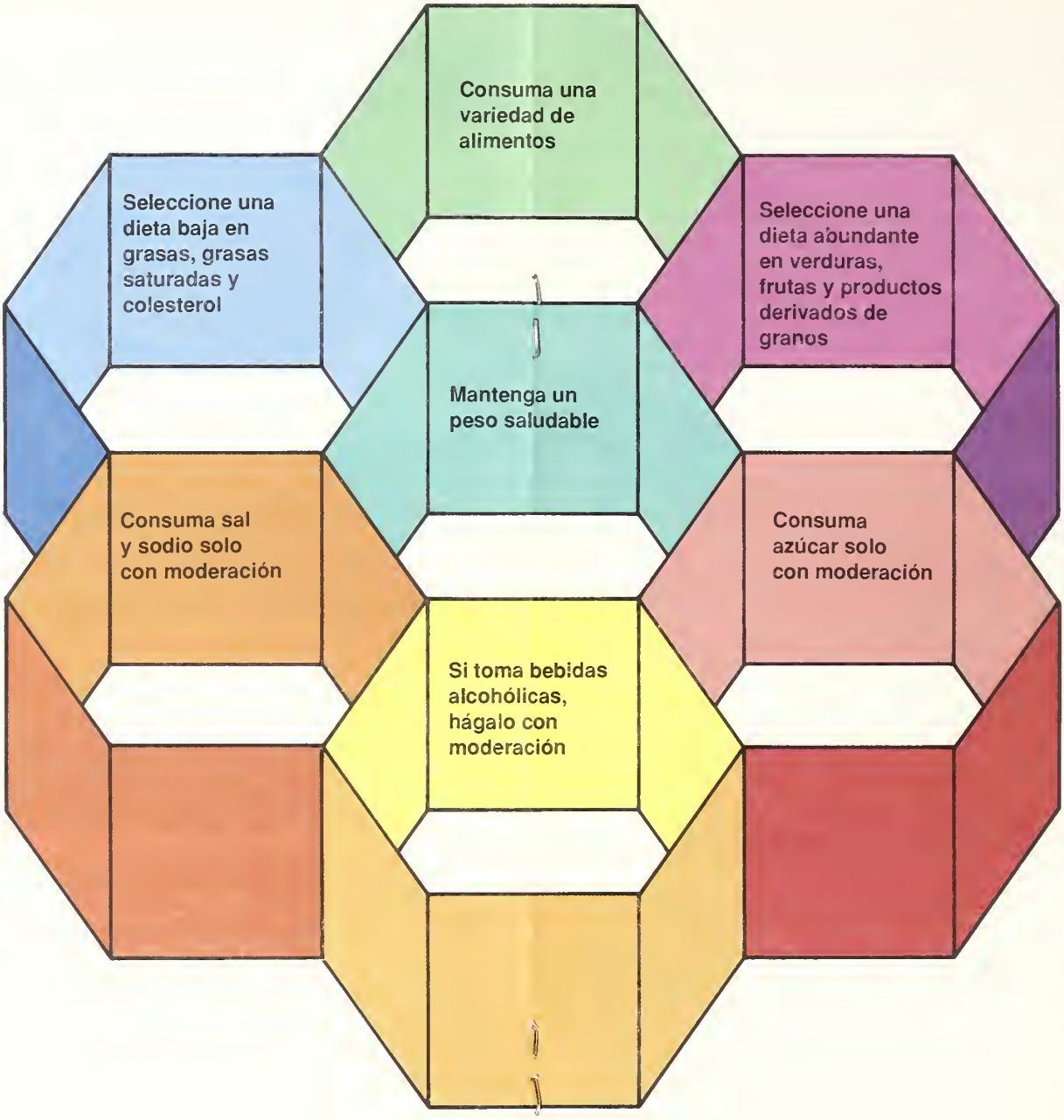
Seleccione una dieta baja en grasas, grasas saturadas y colesterol

La mayoría de las autoridades sobre la salud en los Estados Unidos recomiendan una dieta baja en grasas, grasas saturadas y colesterol. Poblaciones como la nuestra, que consumen muchas grasas, tienen más casos de obesidad y ciertos tipos de cáncer. El alto porcentaje de grasas saturadas y colesterol en nuestra dieta está vinculado al aumento del riesgo de contraer enfermedades del corazón.

Una dieta con poca grasa le hace más fácil incluir los diversos alimentos que necesita para obtener nutrientes sin aumentar las calorías, ya que la grasa contiene más del doble de las calorías de una cantidad igual de carbohidratos o proteínas.

Una dieta con pocas grasas saturadas y colesterol ayuda a mantener un nivel conveniente de colesterol en la sangre. En los adultos, ese nivel es inferior a los 200 mg/dl. A medida que el nivel de colesterol excede de ese límite, aumenta el riesgo de contraer enfermedades del corazón. Este riesgo puede aumentar también debido a la presión alta, el fumar cigarrillos, la diabetes, la incidencia en la familia de enfermedades del corazón a una edad temprana, la obesidad y el ser varón.

La forma en que la dieta afecta el nivel de colesterol en la sangre varía de una persona a otra. Sin embargo, el colesterol en la sangre suele aumentar cuando se sigue un régimen con un



Use estas siete guías para seleccionar una dieta saludable y gustosa.

elevado contenido de grasas saturadas y colesterol, y demasiadas calorías. Lo más dañino en la dieta es la grasa saturada; el colesterol lo es en menor grado.

Se recomienda la siguiente cantidad de grasa en la dieta de los habitantes de los Estados Unidos:

Total de grasas. Se recomienda una cantidad de grasa que proporcione un 30 por ciento de las calorías o menos. De ese modo, la cantidad de gramos de grasa en su dieta depende de las calorías que necesite. Por ejemplo, en un régimen diario de 2.000 calorías se recomienda que el consumo de grasas no exceda de 600 calorías (2.000 x 0,30). Ello equivale a 67 gramos de grasa (600 dividido por 9, la cantidad de calorías que proporciona cada gramo de grasa). Los envases de algunos alimentos indican la cantidad de gramos de grasa que contienen.

Grasas saturadas. Se recomienda consumir una cantidad de grasas saturadas que proporcione menos del 10 por ciento de las calorías (menos de 22 gramos de las 2.000 calorías diarias). Todas las materias grasas contienen grasas saturadas y no saturadas (ácidos grasos). En la mayoría de las dietas la principal fuente de grasas saturadas proviene de los alimentos de origen animal y, en menor cantidad, de los aceites tropicales (cocos y palma) y las grasas hidrogenadas.

Colesterol. Todo el colesterol de la alimentación es de origen animal. Si se come una cantidad menor de grasa procedente de productos animales, se ayuda a disminuir el nivel de colesterol así como el total de grasas y grasas saturadas en la dieta.

Esto no se aplica a niños menores de dos años, ya que ellos necesitan una dieta especial. A medida que los niños comienzan a alrededor de los dos años de edad o más tarde, se les debe alentar a que seleccionen alimentos con pocas grasas o grasas saturadas y que les proporcionen las calorías y los nutrientes que necesitan para un desarrollo normal. Los niños mayores y los adultos, que ya tienen hábitos alimentarios definidos, deberán cambiar sus dietas gradualmente para alcanzar esa meta.

Esta recomendación del 30% de calorías procedentes de las grasas, se refiere a un promedio de lo que se come en varios días, no a una comida o alimento. Algunos alimentos que contienen grasa, grasa saturada y colesterol, tales como la carne, la leche, el queso y los huevos, también contienen proteínas de alta calidad y son la mejor fuente de

ciertas vitaminas y minerales. Se pueden sustituir por carne magra, y leche y quesos descremados.

Consejo para hoy: Hágase examinar el nivel de colesterol en la sangre, preferiblemente por un médico. Si lo tiene alto, siga la dieta y tome las medicinas, de ser necesario, que le aconseje el médico para reducirlo. Si es normal, manténgalo a ese nivel por medio de una dieta que contenga pocas grasas, grasas saturadas y colesterol: coma abundantes verduras, frutas y productos de granos; por lo general, prefiera carnes magras, pescados, aves sin la piel y productos lácteos descremados; consuma grasas y aceites sólo de vez en cuando.

PARA UNA DIETA BAJA EN GRASAS, GRASAS SATURADAS Y COLESTEROL

Grasas y aceites

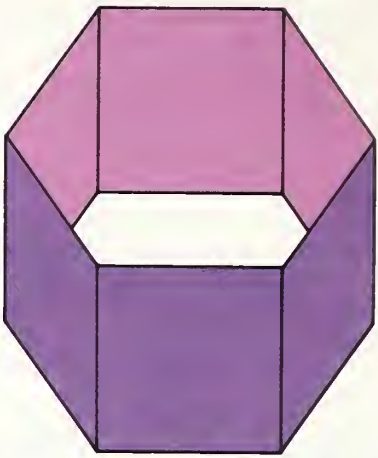
- Al cocinar, utilice poco aceite y grasa.
- Reduzca la cantidad de salsas y aderezos en las ensaladas y de alimentos tales como la mantequilla, margarina y mayonesa. Una cucharada de cualquiera de estos productos proporciona entre 10 y 11 gramos de grasa.
- Prefiera los aceites vegetales en forma líquida por su bajo contenido de grasas saturadas.
- Examine las etiquetas de los alimentos para saber cuál es el contenido de grasas y grasas saturadas en una porción.

Carne, aves, pescado, frijoles y huevos

- Consuma diariamente 6 onzas en total en dos o tres porciones. Una vez cocinadas, tres onzas de carne de res magra o de pollo sin piel (el tamaño de una baraja) proporcionan unos 6 gramos de grasas.
- Quite la grasa de la carne y la piel del pollo.
- De vez en cuando, coma frijoles y guisantes en lugar de carne.
- Consuma con moderación yemas de huevo y menudencias.

Leche y productos lácteos

- Consuma dos o tres porciones diarias. (Una porción equivale a 1 taza de leche o yogurt ó 1-1/2 onzas de queso, aproximadamente).
- Prefiera la leche, el yogurt y los quesos descremados o semidescremados. Una taza de leche descremada tiene solamente una pizca de grasa, 1 taza de leche semidescremada (2%) tiene cinco gramos de grasa y 1 taza de leche entera tiene 8 gramos de grasa.



Seleccione una dieta abundante en verduras, frutas y productos derivados de granos

Esta guía recomienda que los adultos consuman por lo menos tres porciones diarias de verduras y dos de frutas. Se recomiendan por lo menos seis porciones de productos de granos, tales como panes, cereales, pasta y arroz, con preferencia los granos integrales. (Vea el cuadro de la página 20 para saber lo que constituye una porción.) Se debe alentar también a los niños a que consuman gran cantidad de estos alimentos.

Las verduras, las frutas y los granos son parte importante de la dieta que tratamos en la primera guía. Aquí se hace hincapié en ellos, especialmente por su contenido de carbohidratos complejos, fibra y otros componentes alimentarios vinculados a una buena salud.

Esos alimentos, por lo general, contienen pocas grasas. Al seleccionar las cantidades recomendadas aumentará los carbohidratos y reducirá las grasas en su dieta, tal como lo indican los expertos. Asimismo, obtendrá una mayor cantidad de fibra.

Los carbohidratos complejos, tales como las féculas, se encuentran en el pan, los cereales, las pastas, el arroz, los frijoles secos y los guisantes, y en otras verduras tales como las papas y el maíz. La

fibra necesaria para su dieta, que proviene de alimentos de origen vegetal, se encuentra en los panes de grano integral y los cereales, los frijoles secos y guisantes, las verduras y las frutas. Es preferible consumir una variedad de estos alimentos ya que contienen diferentes tipos de fibras.

Es importante comer alimentos ricos en fibra ya que estimulan la digestión y reducen el estreñimiento crónico, la diverticulitis y las almorranas. Las poblaciones como la nuestra (con una dieta deficiente en fibra y carbohidratos complejos y rica en grasas, especialmente grasas saturadas) están predispuestas a tener más enfermedades del corazón, obesidad y algunos tipos de cáncer. Todavía no se sabe cuál es el papel exacto que desempeña la fibra.

Algunos de los beneficios de una dieta rica en fibra puede provenir de los alimentos mismos y no de la fibra solamente. Por ese motivo, es preferible obtener la fibra de los alimentos y no de un suplemento. Además, el uso excesivo de suplementos de fibra está vinculado al aumento en las enfermedades intestinales y a la baja absorción de ciertos minerales.

Consejo para hoy: Coma más verduras sin olvidar los frijoles secos y guisantes, frutas y pan, cereales, pasta y arroz. Coma una cantidad mayor de alimentos variados que contengan fibra natural.

SI DESEA UNA DIETA RICA EN VERDURAS, FRUTAS Y GRANOS, COMA DIARIAMENTE LOS SIGUIENTES ALIMENTOS:

Tres o más porciones de verduras variadas
(Una porción equivale a 1 taza de verduras crudas de hojas verdes (lechuga, espinaca, repollo, etc.) ó 1/2 taza de cualquier otro tipo de verduras).

- Consuma a menudo verduras de hojas verdes y verduras amarillas (calabazas, chayotes, batatas, etc.)
- Consuma a menudo frijoles secos y guisantes. (Media taza de frijoles secos y guisantes cocidos equivale a una porción de verduras o a una onza de carne).
- Coma también verduras que contengan almidon como las papas y el maíz.

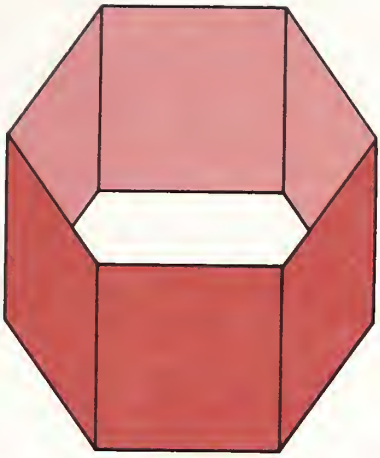
Dos o más porciones de frutas variadas
(Una porción equivale a 1 manzana mediana, 1 naranja ó 1 banana, 1/2 taza de fruta pequeña o picada ó 3/4 taza de jugo).

- Consuma regularmente frutas y jugos cítricos, melones y bayas (fresas, frambuesas, etc.)
- Como postre, elija frutas y como bebidas, jugos de frutas.

Seis o más porciones de productos de granos (pan, cereales, pasta y arroz)
(Una porción equivale a 1 rebanada de pan; la mitad de un bollo, un "bagel" o un panecillo inglés (english muffin); 1 onza de cereales secos; 1/2 taza de cereal cocido, de arroz o de pasta).

- Consuma alimentos variados que contengan granos tales como trigo, arroz, avena y maíz.
- Coma diariamente varias porciones de panes integrales y cereales.

Por lo general, las verduras, las frutas y los granos tienen pocas calorías si se preparan o consumen casi sin azúcar o grasa.



Consuma azúcar solo con moderación

En los Estados Unidos se consume azúcar en muchas formas (vea la página 22). El azúcar proporciona energía y a muchos les agrada su sabor. También sirve como agente preservativo natural y para espesar alimentos y ayudar a cocinarlos. Esta guía recomienda cierta prudencia en el consumo de grandes cantidades de azúcar y de bocadillos que contengan azúcar y almidon.

El azúcar y muchos alimentos que contienen azúcar en grandes cantidades proporcionan calorías pero son limitados en nutrientes. Por consiguiente, la mayoría de las personas sanas deben consumirlos con moderación y las que necesitan una dieta de bajas calorías, muy raramente. Para las personas que son muy activas y que necesitan mucha energía, el azúcar les proporciona calorías adicionales.

El azúcar y el almidon (que se descompone en varios tipos de azúcar) son causa de la caries dental. Se encuentran en muchos de los alimentos que también proporcionan nutrientes tales como la leche, las frutas, algunas verduras, el pan, los cereales, y como ingredientes en otros alimentos. Mientras mayor sea el consumo de esos alimentos y más tiempo permanezcan en la boca antes de cepillarse los dientes, mayor es el peligro de la caries dental. Por lo tanto, puede ser más peligroso para los dientes el consumo de esos alimentos

como bocadillos que en combinación con las comidas principales.

El cepillarse los dientes diariamente con un dentrífico que contenga flúor ayuda a reducir la caries dental. Es muy importante que los niños a quienes no les han salido los dientes obtengan flúor del agua o de otras fuentes que recomiende el doctor o dentista.

No se ha comprobado que las dietas ricas en azúcar causen diabetes. El tipo más común de diabetes se presenta en los adultos obesos, y el evitar el consumo de azúcar solamente no ayudará a corregir la obesidad.

Consejo para hoy: Consuma azúcar en cantidades moderadas, incluso menos si no necesita muchas calorías. Evite comer bocadillos en exceso y cepíllese los dientes y límpielos con hilo dental regularmente.

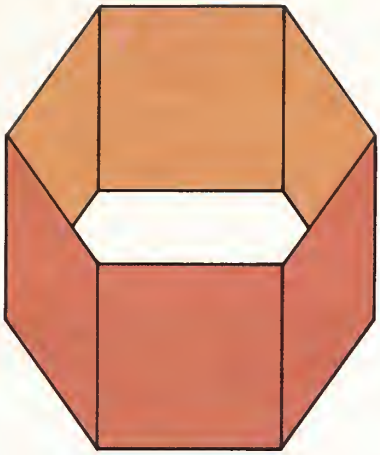
¿CUALES SON LAS DIVERSAS CLASES DE AZUCARES?

azúcar de mesa (sacarosa)	miel
azúcar morena	almíbar
azúcar sin refinar	azúcar de almidon de maíz
glucosa (dextrosa)	glucosa con un alto contenido de fructosa
fructosa	melaza
maltosa	concentrado de jugos de frutas

Lea las etiquetas de los alimentos. Es probable que un alimento tenga un alto contenido de azúcar si el primero y segundo ingrediente es uno de los enumerados anteriormente o si incluye varios de ellos.

PARA TENER DIENTES Y ENCIAS MAS SANAS

- Modere el consumo, entre las comidas, de alimentos que contengan azúcar y almidon.
- Cepíllese los dientes y límpielos con hilo dental regularmente.
- Utilice un dentrífico que contenga flúor.
- Pregúnte a su dentista o médico acerca de la necesidad de un suplemento de flúor, especialmente para los niños.
- Si le da a un niño un biberón para tranquilizarlo, asegúrese de que sea solamente agua.



Consuma sal y sodio solo con moderación

La sal de mesa contiene sodio y cloruro, elementos esenciales de una dieta. Sin embargo, la mayoría de los estadounidenses consumen más sal y sodio de lo necesario. Las bebidas y los alimentos a los que se le ha agregado sal durante su elaboración y fabricación proporcionan la mayor parte del sodio en nuestras dietas.

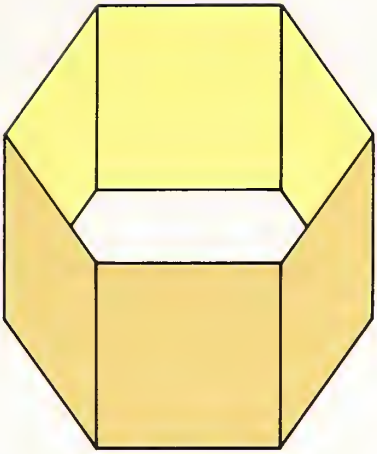
La alta presión de la sangre es menos común en las poblaciones cuya dieta contiene poca sal. Otros factores que afectan la presión arterial son la herencia, la obesidad y el exceso de bebidas alcohólicas. En los Estados Unidos, uno de cada tres adultos tiene la presión alta. Por lo general, cuando estas personas consumen menos sal y sodio les baja la presión arterial.

Algunas personas que no tienen la presión alta estarán menos propensas a que les aumente si mantienen una dieta baja en sal y evitan el sodio. Actualmente, no hay manera de predecir quién tendrá la presión alta y quién se beneficiará al reducir el consumo de sal y sodio. Sin embargo, la mayoría de las personas harían bien en comer menos sal y sodio porque, en realidad, necesitan menos de lo que ingieren y su reducción beneficiará a aquellos cuya presión arterial se eleva cuando consumen sal.

Consejo para hoy: Hágase controlar su presión sanguínea arterial. Si la tiene alta, consulte a un médico acerca de la dieta y los medicamentos que puede tomar. Si es normal, trate de mantenerla de esa forma: mantenga un peso saludable, haga ejercicio regularmente y trate de consumir menos sal y sodio. (La presión normal para los adultos es la siguiente: la sistólica, menos de 140 mmHg y la diastólica, menos de 85 mmHg).

PARA MODERAR EL CONSUMO DE SAL Y SODIO

- Consuma poca sal, si acaso, al cocinar o en la mesa.
- Al planear las comidas tenga en cuenta que:
  - — las verduras frescas o congeladas preparadas sin sal tienen menos sodio que las enlatadas;
  - — los cereales, las pastas y el arroz cocinados sin sal tienen menos sodio que los que vienen ya preparados;
  - — la leche y el yogurt contienen menos sodio que la mayoría de los quesos;
  - — la carne, las aves y el pescado frescos contienen menos sodio que la mayoría de los que vienen enlatados o preparados;
  - — La mayor parte de las comidas preparadas congeladas, las mezclas empaquetadas, las sopas enlatadas y las salsas y aderezos para ensaladas contienen una cantidad considerable de sodio. De la misma manera, los condimentos como la salsa de soja y otras, las conservas en vinagre, las aceitunas, el "catsup" y la mostaza.
- Consuma pocos bocadillos salados tales como papitas fritas, galletas, pretzels y nueces.
- Lea las etiquetas de los alimentos para comprobar la cantidad de sodio que contienen. Prefiera aquellos que tengan poca cantidad.



Si toma bebidas alcohólicas, hágalo con moderación

Las bebidas alcohólicas proporcionan calorías pero tienen poco o ningún valor nutritivo. No se recomienda su consumo porque no es beneficioso para la salud, está vinculado a muchas enfermedades, es la causa de muchos accidentes y puede causar adicción. Si los adultos deciden consumir bebidas alcohólicas, lo deben hacer con moderación (vea el cuadro en la página 26).

Las siguientes personas **no deben** beber bebidas alcohólicas:

- **Las mujeres embarazadas o que tratan de concebir.** La mayoría de los defectos de nacimiento se atribuyen al exceso de bebidas alcohólicas consumido por la madre durante la gestación. Las mujeres embarazadas o que tratan de concebir no deben tomar bebidas alcohólicas, aun cuando no es concluyente que un trago ocasional sea dañino.
- **Las personas que piensan conducir o realizar labores que requieren atención o destreza.** Después de beber, aunque sea moderadamente, se suele retener en la sangre cierta cantidad de alcohol durante un período de tres a cinco horas.

- **Los que toman medicamentos, incluidos los que se venden sin receta médica.** El alcohol puede influir en el efecto beneficioso o tóxico de las medicinas. Asimismo, algunos medicamentos pueden aumentar el nivel de alcohol en la sangre o el efecto negativo del alcohol en el cerebro.
- **Los que no pueden beber con moderación.** Esto es de particular importancia para los alcohólicos que están en período de recuperación o los que tienen familiares alcohólicos.
- **Los niños y los adolescentes.** El consumo de bebidas alcohólicas en los niños y los adolescentes es un peligro para la salud y causa otras complicaciones graves.

Los que beben demasiado suelen frecuentemente estar malnutridos porque comen poco y no absorben bien los nutrientes necesarios. El beber mucho alcohol causa cirrosis del hígado, inflama el páncreas, daña el cerebro y el corazón, y aumenta el riesgo de contraer muchos tipos de cáncer. Algunos estudios indican que el beber con moderación disminuye el riesgo de los ataques al corazón. Sin embargo, las bebidas alcohólicas también están vinculadas a un mayor riesgo de presión alta y derrames cerebrales.

Consejo para hoy: Si toma bebidas alcohólicas, hágalo con moderación y no maneje un automóvil.

¿QUE SIGNIFICA BEBER CON MODERACION?

Mujeres: No más de una bebida alcohólica al día
Hombres: No más de dos bebidas alcohólicas al día

Lo siguiente constituye una bebida alcohólica:

- 12 onzas de cerveza corriente
- 5 onzas de vino
- 1-1/2 onzas de licores fuertes destilados (80 proof), tales como aguardiente, ron, ginebra, etc.

Algunas de las bases científicas de estas guías:

— The Surgeon General's Report on Nutrition and Health (Informe sobre la nutrición y la salud del Director de los Servicios de Salud). 1988. Public Health Service, U.S. Department of Health and Human Services.

— Diet and health: Implications for Reducing Chronic Disease Risk (La dieta y la salud: Cómo reducir el riesgo de contraer enfermedades crónicas). 1989. National Research Council, National Academy of Sciences

— Recommended Dietary Allowances (Recomendaciones dietéticas). Décima edición, 1989. National Research Council, National Academy of Sciences.

Información acerca de cómo poner en práctica estas guías:

- Para solicitar las siguientes publicaciones escriba al Human Nutrition Information Service, USDA, Room 325-A, 6505 Belcrest Road, Hyattsville, MD 20782:

— Guía de Alimentos del Departamento de Agricultura de los Estados Unidos en "Preparing Foods and Planning Menus Using the Dietary Guidelines" HG-232- 8. 1989. (Cómo preparar alimentos y planificar el menú siguiendo las guías alimentarias).

— "Dietary Guidelines and Your Diet" (Las guías alimentarias y su dieta). HG-232-1 al 11, inclusive, 1986 y 1989.

— "Nutritive Value of Foods" (Valor nutritivo de los alimentos), HG-72. 1985.

- Para solicitar este folleto y otros, diríjase al National Institute of Health, Room 10 A 24, Building 31, Bethesda, MD 20892:

— "Eating for Life" (Comer para vivir) Publicación del National Institute of Health (Instituto Nacional de la Salud) No. 88-3000, 1988.

- Diríjase al servicio de divulgación de economía doméstica de su condado (Cooperative Extension System) o a un especialista en nutrición del Departamento de Salud Pública (Public Health Department), hospital, Cruz Roja de los Estados Unidos, Sociedad de la Diabetes, Sociedad de las Enfermedades del Corazón o Sociedad del Cáncer en su localidad.

Boletín "Home and Garden No. 2325"

NUTRITION BASICS
KNOW THE FACTS

Food is essential for life. It is the source of health and well-being. Food provides the energy you need for everyday living. It affects your weight and height, and even your strength to a great extent. In other words, everything in life begins with food. There is much to the saying, "You are what you eat."

A healthy diet is part of a total lifestyle that can help protect us now and in the future from disease and disability. We know that good nutrition is more than having enough food. It also means eating the right balance of foods with the right amounts of nutrients.

The following section provides nutrition information. It is not a detailed course on nutrition, but rather a general overview of basic nutrition concepts.

Please note that the study of nutrition is a relatively new science. Like most sciences today, the science of nutrition is constantly being studied, and each new finding is applied to the everyday diet.

It is imperative that before *anyone* provides nutrition information, they must make sure they possess accurate, up-to-date knowledge regarding the subject. Misinformation—incorrect or out-of-date information—can be more harmful than no information. Make sure you know the facts before you start!

CONTENTS

Nutrition Basics . . . . . B 3

Recommended Dietary Allowances (RDA) Table . . . . . B 6

Six Food Groups . . . . . B 7

Food Groups: Some Foods They Contain . . . . . B 11

A Pattern for Daily Food Choices . . . . . B 12

Dietary Guidelines for Americans . . . . . B 13

What Is Diabetes? . . . . . B 23

Nutrition Basics

Nutrition is the science of how the body uses the food we eat. Although people need over 40 different nutrients to stay healthy, nutrients are divided into 6 general classes: proteins, carbohydrates, fats, vitamins, minerals, and water. These nutrients are found in foods.

It is important to note that no one food supplies all the essential nutrients in the amounts needed by the body. Therefore, it is important to eat several types of foods each day to get the nutrients needed.

What Are Nutrients?

Nutrients are chemical substances needed for building, upkeep and repair of body tissues, and for efficient functioning of the body. Specifically, nutrients provide the following:

- ❑ Materials necessary for growth, maintenance, and repair of body tissues. Proteins, minerals, and water are necessary for the body to build and repair bones and tissues throughout life.

- ❑ Regulators for all the body processes. Vitamins, minerals, water, and proteins do this job.

- ❑ Fuel for energy for work and play. Carbohydrates, fats, and proteins are fuel nutrients. Both carbohydrates and proteins furnish 4 calories per gram of food consumed. Fat provides 9 calories per gram.

Although everyone needs the same nutrients, the amounts needed by different individuals vary. For example, children need more protein to build tissues as they grow. Men and women have varying requirements for different nutrients. Women, for instance, need more iron than men.

Active people require more energy nutrients than inactive people. People recovering from an accident or illness need more of certain nutrients than healthy ones. Also, people who have an immune deficiency from a disease, such as cancer or AIDS, require more nutrients.

Proteins

Proteins are needed to build and repair muscles, glands, bone, and other tissues. They are an essential component of all body tissues. They also form the hormones and enzymes used to regulate body processes. Any extra protein is used to supply energy or is changed into body fat.

Proteins are made up of building blocks called "amino acids". The body needs 22 amino acids, and all but 8 can be manufactured by the body. These 8 essential amino acids must be obtained from food. Complete proteins come from animal sources that supply all of the essential amino acids. Foods containing the 8 essential amino acids include milk, meat, cheese, fish, poultry, and eggs.

Incomplete proteins do not contain all the necessary building blocks (amino acids) and cannot aid growth unless other complete proteins are available. Sources of incomplete proteins include grains, nuts, legumes, peas, and beans. A combination of animal protein with vegetable protein gives the body all the necessary amino acids at a reasonable price. Good combinations include cereal and milk, tortillas with cheese or meat, beans with cheese or meat, macaroni and cheese, spaghetti and meat balls, or a meat and vegetable stew.

Carbohydrates

Carbohydrates include starches, sugars, and dietary fiber. Starch and sugar supply the body with energy. Our bodies store any extra carbohydrates from sugars and starches not needed for energy as glycogen in the liver or as body fat. Dietary fiber provides bulk to the diet. Dietary fiber encourages regular elimination of wastes.

Starch and most types of dietary fiber are *complex carbohydrates.* Chemically, they are chains of many sugar molecules. Sugars, such as table sugar (sucrose), honey, corn syrup, etc., are *simple carbohydrates.* They contain only one or two sugar molecules.

During digestion, starch and sugars are broken down into single sugar molecules before being absorbed into the body and used for energy. The links between the sugar molecules in dietary fiber cannot be broken by human digestive enzymes. Thus, fiber passes down the intestinal tract and forms bulk for the stool.

Fats

Fats provide energy and are carriers for fat-soluble vitamins. Fats also add flavor to foods. Some fats help form cell membranes and hormones. However, it is important to note that fat is the most concentrated source of food energy (calories). Each gram of fat supplies about 9 calories, compared with about 4 calories per gram of protein or carbohydrate, and 7 calories per gram of alcohol.

Vitamins

Vitamins are organic substances needed by the body in very small amounts. They do not supply energy, but they help release energy from carbohydrates, fats, and proteins. They also help in other chemical reactions in the body.

Minerals

Minerals are also needed in relatively small amounts and do not supply energy. They are used to build strong bones and teeth and to make hemoglobin in red blood cells. They help maintain body fluids and help in other chemical reactions in the body.

Water

Water is often called the "forgotten nutrient." It is needed to replace body fluids lost in urine and sweat. Water helps to transport nutrients, remove wastes, and regulate body temperature.

Water is a part of every cell in every tissue of the body. One can survive for a longer period of time without food than without water. Besides drinking water, we get water from all beverages and most foods.

Note: For more information regarding a specific vitamin or mineral, as well as dietary fiber, refer to the **Good Sources of Nutrients** fact sheets included at the back of this section.

The Recommended Dietary Allowances (RDA)

In the 1940's the first set of Recommended Dietary Allowances (RDA) was published. The RDA's are the intake levels of essential nutrients considered by the Food and Nutrition Board of the National Research Council of the National Academy of Sciences to be adequate to meet the known nutritional needs of practically all healthy persons. As knowledge of the experts has increased, changes have been made in the RDA's to keep them up-to-date.

Except for calories, these allowances are set at well above the minimum amounts necessary to maintain good nutrition in healthy children and adults in the United States. These allowances have been widely used as guides in planning nutritionally adequate diets for population groups. Although not all nutrients are listed in the table (see next page), it is assumed that a diet which meets these recommendations and is derived from a wide variety of foods will also meet the body's needs for all other nutrients.

FOOD AND NUTRITION BOARD, NATIONAL ACADEMY OF SCIENCES—NATIONAL RESEARCH COUNCIL

RECOMMENDED DIETARY ALLOWANCES,[a] Revised 1989

Designed for the maintenance of good nutrition of practically all healthy people in the United States

Category	Age (years) or Condition	Weight[b] (kg)	Weight[b] (lb)	Height[b] (cm)	Height[b] (in)	Protein (g)	Fat-Soluble Vitamins: Vitamin A (μg RE)[c]	Vitamin D (μg)[d]	Vitamin E (mg α-TE)[e]	Vitamin K (μg)	Water-Soluble Vitamins: Vitamin C (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg NE)[f]	Vitamin B_6 (mg)	Folate (μg)	Vitamin B_{12} (μg)	Minerals: Calcium (mg)	Phosphorus (mg)	Magnesium (mg)	Iron (mg)	Zinc (mg)	Iodine (μg)	Selenium (μg)
Infants	0.0–0.5	6	13	60	24	13	375	7.5	3	5	30	0.3	0.4	.5	0.3	25	0.3	400	300	40	6	5	40	10
	0.5–1.0	9	20	71	28	14	375	10	4	10	35	0.4	0.5	6	0.6	35	0.5	600	500	60	10	5	50	15
Children	1–3	13	29	90	35	16	400	10	6	15	40	0.7	0.8	9	1.0	50	0.7	800	800	80	10	10	70	20
	4–6	20	44	112	44	24	500	10	7	20	45	0.9	1.1	12	1.1	75	1.0	800	800	120	10	10	90	20
	7–10	28	62	132	52	28	700	10	7	30	45	1.0	1.2	13	1.4	100	1.4	800	800	170	10	10	120	30
Males	11–14	45	99	157	62	45	1,000	10	10	45	50	1.3	1.5	17	1.7	150	2.0	1,200	1,200	270	12	15	150	40
	15–18	66	145	176	69	59	1,000	10	10	65	60	1.5	1.8	20	2.0	200	2.0	1,200	1,200	400	12	15	150	50
	19–24	72	160	177	70	58	1,000	10	10	70	60	1.5	1.7	19	2.0	200	2.0	1,200	1,200	350	10	15	150	70
	25–50	79	174	176	70	63	1,000	5	10	80	60	1.5	1.7	19	2.0	200	2.0	800	800	350	10	15	150	70
	51+	77	170	173	68	63	1,000	5	10	80	60	1.2	1.4	15	2.0	200	2.0	800	800	350	10	15	150	70
Females	11–14	46	101	157	62	46	800	10	8	45	50	1.1	1.3	15	1.4	150	2.0	1,200	1,200	280	15	12	150	45
	15–18	55	120	163	64	44	800	10	8	55	60	1.1	1.3	15	1.5	180	2.0	1,200	1,200	300	15	12	150	50
	19–24	58	128	164	65	46	800	10	8	60	60	1.1	1.3	15	1.6	180	2.0	1,200	1,200	280	15	12	150	55
	25–50	63	138	163	64	50	800	5	8	65	60	1.1	1.3	15	1.6	180	2.0	800	800	280	15	12	150	55
	51+	65	143	160	63	50	800	5	8	65	60	1.0	1.2	13	1.6	180	2.0	800	800	280	10	12	150	55
Pregnant						60	800	10	10	65	70	1.5	1.6	17	2.2	400	2.2	1,200	1,200	320	30	15	175	65
Lactating	1st 6 months					65	1,300	10	12	65	95	1.6	1.8	20	2.1	280	2.6	1,200	1,200	355	15	19	200	75
	2nd 6 months					62	1,200	10	11	65	90	1.6	1.7	20	2.1	260	2.6	1,200	1,200	340	15	16	200	75

[a] The allowances, expressed as average daily intakes over time, are intended to provide for individual variations among most normal persons as they live in the United States under usual environmental stresses. Diets should be based on a variety of common foods in order to provide other nutrients for which human requirements have been less well defined.

[b] Weights and heights of Reference Adults are actual medians for the U.S. population of the designated age, as reported by NHANES II. The median weights and heights of those under 19 years of age were taken from Hamill et al. (1979). The use of these figures does not imply that the height-to-weight ratios are ideal.

[c] Retinol equivalents. 1 retinol equivalent = 1 μg retinol or 6 μg β-carotene.

[d] As cholecalciferol. 10 μg cholecalciferol = 400 IU of vitamin D.

[e] α-Tocopherol equivalents. 1 mg d-α tocopherol = 1 α-TE.

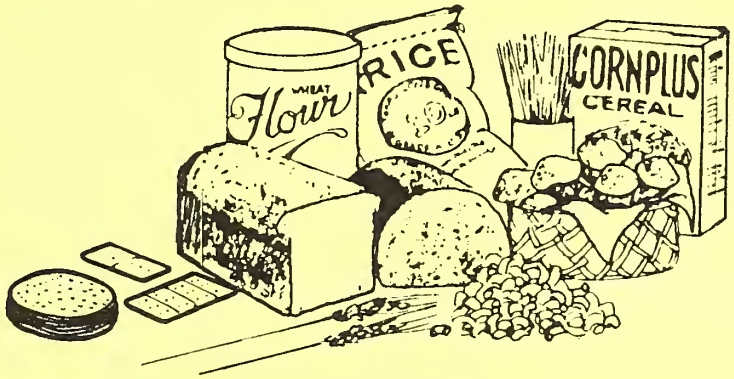
[f] 1 NE (niacin equivalent) is equal to 1 mg of niacin or 60 mg of dietary tryptophan.

Six Food Groups

To make the task of selecting healthy foods for a well-balanced diet somewhat easier, foods have been divided into six food groups. In general, foods in each food group contain the same key nutrients. But even foods within a group vary in the amounts of nutrients they contain. By choosing different foods within each group, one is very likely to get the required nutrients.

The majority of one's diet should come from the five major food groups. The five major food groups are: (1) breads, cereals, and other grain products; (2) fruits; (3) vegetables; (4) meat, poultry, fish, and alternates; and (5) milk, cheese, and yogurt.

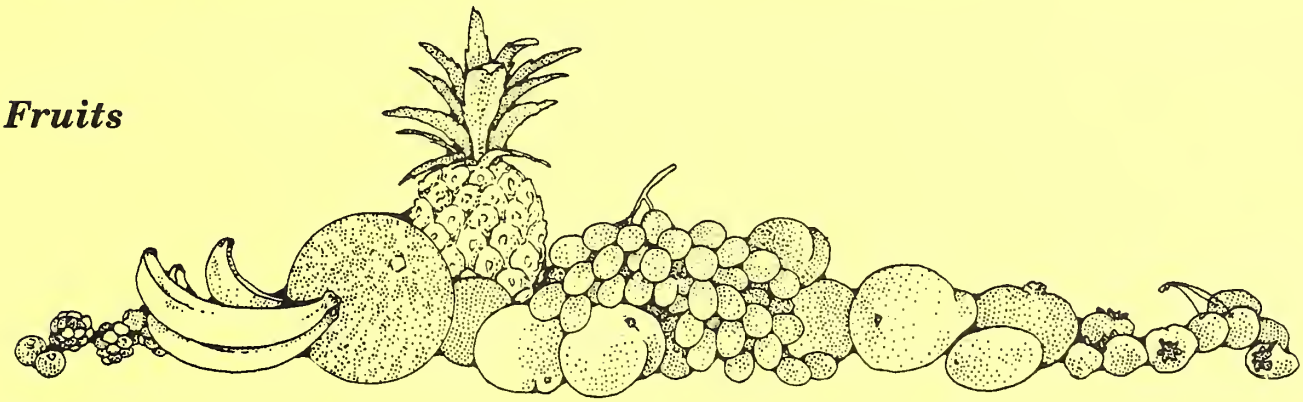
Breads, Cereals, and Other Grain Products



Grain products are an important part of a balanced diet. Both whole-grain and enriched breads and cereals provide starch, thiamin, riboflavin, niacin, and iron. Whole-grains are also good sources of fiber and provide folic acid, magnesium, and zinc.

The variety of grain products available is almost endless. See page B 11 for some examples of grain products that can be used in meals and snacks.

Fruits



Fruits add color, flavor, texture, and sweetness to the diet. They also provide many nutrients and dietary fiber. Citrus fruits (oranges and grapefruit), melons, and berries are excellent sources of vitamin C. Two tropical fruits now available at many supermarkets—kiwifruit and papaya—are also good sources of vitamin C. Deep-yellow fruits such as apricots, cantaloupes, and mangos are high in vitamin A.

All of these fruits—and others—provide additional nutrients such as folic acid, potassium, and magnesium. Look at the list of fruits on page B 11 to see the many kinds available.

Vegetables



All vegetables provide dietary fiber. Some vegetables provide starch and/or protein, and they are also sources of many vitamins and minerals. But different types of vegetables vary in the kinds and amounts of nutrients they provide. Listed below are the various types of vegetables and some vitamins and minerals each provides. See page B 11 for a list of vegetables by type.

Dark-green vegetables - vitamins A and C, riboflavin, folic acid, iron, calcium, magnesium, and potassium.

Deep-yellow vegetables - vitamin A.

Dry beans and peas - thiamin, folic acid, iron, magnesium, phosphorus, zinc, potassium, protein, and starch.

Starchy vegetables - starch and varying amounts of certain vitamins and minerals, such as niacin, vitamin B_6, zinc, and potassium.

Other vegetables - varying amounts of vitamins and minerals, such as vitamin C, vitamin A, and potassium.

Meat, Poultry, Fish, and Alternates



Foods in this group are sources of many nutrients. These include protein, niacin, vitamins B_6 and B_{12}, iron, phosphorus, and zinc. Meat, poultry, and fish also provide fat and cholesterol. It is possible, however, to select and prepare items from this group

so that the amount of fat is quite modest. Choose lean cuts of meat, trim off visible fat from meat, remove the skin from chicken, and prepare by baking or broiling instead of frying.

Some Alternates

Eggs can be used as an alternate to lean meat, poultry, and fish, but egg yolks are high in cholesterol. Dry beans and peas and various nuts and seeds are high in protein and can also be used as alternates. The vitamin and mineral content of these foods is similar to meat, except they do not contain vitamin B_{12}. Beans and peas contain carbohydrates and are lower in fat than lean meats. Nuts and seeds are much higher in fat than lean meat.

The tradeoffs* (comparisons) below indicate the amount of a meat alternate that can substitute for 1 ounce of lean meat, poultry, or fish. They also show the approximate amount of extra fat in nuts and seeds when compared to lean meats.

Cheese is often used in place of meat at meals. However, cheese is not a complete nutritional substitute for meat, poultry, or fish. Both meat and cheese are good sources of protein and vitamin B_{12}. Meat, poultry, and fish (and eggs, dry beans, dry peas, nuts, and seeds) are good sources of iron. Cheese is a very good source of calcium but contains little iron. Be sure to include *both* milk products and meats or meat alternates in the diet daily.

Examples of some meat, poultry, fish, and alternates are given on page B 11.

1/2 cup cooked dry beans or peas + 1 tsp. fat	= 1 ounce lean meat, poultry, or fish + 1 slice bread
2 tbsp. peanut butter	= 1 ounce lean meat, poultry, or fish + 3 tsp. fat
1/4 cup seeds	= 1 ounce lean meat, poultry, or fish + 4 tsp. fat
1/3 cup nuts	= 1 ounce lean meat, poultry, or fish + 5 tsp. fat

*Tradeoffs are approximations based on the calories and nutrients in these types of foods. Individual foods vary.

Milk, Cheese, and Yogurt



The best sources of calcium in U.S. diets are milk, cheese, and yogurt. These products also provide protein, riboflavin, vitamin B_{12}, vitamin A, thiamin, and, if fortified, vitamin D.

Foods listed below on the left provide about the same amount of calcium and other nutrients as 1 cup of skim milk. Some also provide fat and sugar. These tradeoffs* help identify those foods with fat and added sugar. When choosing a higher fat or sugar dairy product, it is recommended that other sources of fat and sugar in the diet that day be decreased.

1 cup whole milk = 1 cup skim milk + 2 tsp. fat
1 cup lowfat (2 percent) milk = 1 cup skim milk + 1 tsp. fat
1 cup lowfat (2 percent) chocolate milk = 1 cup skim milk + 1 tsp. fat + 3 tsp. sugar
8 ounces plain lowfat yogurt = 1 cup skim milk + 1 tsp. fat
8 ounces lowfat vanilla yogurt = 1 cup skim milk + 1 tsp. fat + 4 tsp. sugar
8 ounces lowfat fruit yogurt = 1 cup skim milk + 1 tsp. fat + 7 tsp. sugar
1-1/2 ounces natural cheese = 1 cup skim milk + 3 tsp. fat
2 ounces process American cheese = 1 cup skim milk + 4 tsp. fat

NOTE: Cottage cheese has less calcium than other cheese. One cup of cottage cheese contains only as much calcium as found in 1/2 cup of milk.

*Tradeoffs are approximations based on the calories and nutrients in these types of foods. Individual foods vary.

A variety of foods included in the milk, cheese, and yogurt group can be found on page B 11.

Fats, Sweets, and Alcoholic Beverages



Few foods in this group are good sources of nutrients. Therefore, it is wise to base a daily diet on servings from the other food groups. See page B 11 for some examples of foods that belong to this group.

Food Groups: Some Foods They Contain

Breads, Cereals, and Other Grain Products

Whole-Grain

- Brown rice
- Buckwheat groats
- Bulgur
- Corn tortillas
- Graham crackers
- Granola
- Oatmeal
- Popcorn
- Pumpernickel bread
- Ready-to-eat cereals
- Rye crackers
- Whole-wheat bread and rolls
- Whole-wheat crackers
- Whole-wheat pasta
- Whole-wheat cereals

Enriched

- Bagels
- Biscuits
- Corn bread
- Corn muffins
- Cornmeal
- Crackers
- English muffins
- Farina
- French bread
- Grits
- Hamburger rolls
- Hot dog buns
- Italian bread
- Macaroni
- Muffins
- Noodles
- Pancakes
- Pasta
- Ready-to-eat cereals
- Rice
- White bread and rolls

Fruits

Citrus, Melons, Berries

- Blueberries
- Cantaloup
- Citrus juices
- Cranberries
- Grapefruit
- Honeydew melon
- Kiwifruit
- Lemon
- Orange
- Raspberries
- Strawberries
- Tangerine
- Watermelon

Other Fruits

- Apple
- Apricot
- Banana
- Cherries
- Dates
- Figs
- Fruit juices
- Grapes
- Guava
- Mango
- Nectarine
- Papaya
- Peach
- Pear
- Pineapple
- Plantain
- Plum
- Pomegranate
- Prune
- Raisins

Vegetables

Dark-Green

- Beet greens
- Broccoli
- Chard
- Chicory
- Collard greens
- Dandelion greens
- Endive
- Escarole
- Kale
- Mustard greens
- Romaine lettuce
- Spinach
- Turnip greens
- Watercress

Deep-Yellow

- Carrots
- Pumpkin
- Sweet potatoes
- Winter squash

Starchy

- Breadfruit
- Corn
- Green peas
- Hominy
- Lima beans
- Potatoes
- Rutabaga
- Taro

Dry Beans and Peas (Legumes)

- Black beans
- Black-eyed peas
- Chickpeas (garbanzos)
- Kidney beans
- Lentils
- Lima beans (mature)
- Mung beans
- Navy beans
- Pinto beans
- Split peas

Other Vegetables

- Artichokes
- Asparagus
- Bean and alfalfa sprouts
- Beets
- Brussels sprouts
- Cabbage
- Cauliflower
- Celery
- Chinese cabbage
- Cucumbers
- Eggplant
- Green beans
- Green peppers
- Lettuce
- Mushrooms
- Okra
- Onions (mature and green)
- Radishes
- Summer squash
- Tomatoes
- Turnips
- Vegetable juices
- Zucchini

Meat, Poultry, Fish, and Alternates

Meat, Poultry, and Fish

- Beef
- Chicken
- Fish
- Ham
- Lamb
- Organ meats
- Pork
- Shellfish
- Turkey
- Veal
- Luncheon meats, sausage

Alternates

- Eggs
- Dry beans and peas (legumes)
- Nuts and seeds
- Peanut butter
- Tofu

Milk, Cheese, and Yogurt

Lowfat Milk Products

- Buttermilk
- Lowfat milk (1%, 2%)
- Lowfat plain yogurt
- Skim milk

Other Milk Products with More Fat or Sugar

- American cheese
- Cheddar cheese
- Chocolate milk
- Flavored yogurt
- Fruit yogurt
- Process cheeses
- Swiss cheese
- Whole milk

Fats, Sweets, and Alcoholic Beverages

Fats

- Bacon, salt pork
- Butter
- Cream (dairy, nondairy)
- Cream cheese
- Lard
- Margarine
- Mayonnaise
- Mayonnaise-type salad dressing
- Salad dressing
- Shortening
- Sour cream
- Vegetable oil

Sweets

- Candy
- Corn syrup
- Fruit drinks, ades
- Gelatin desserts
- Honey
- Frosting
- Jam
- Jelly
- Maple syrup
- Marmalade
- Molasses
- Popsicles and ices
- Sherbets
- Soft drinks and colas
- Sugar (white and brown)

Alcohol

- Beer
- Liquor
- Wine

A Pattern for Daily Food Choices

When shopping, planning, and preparing meals for yourself and others, use this guide for a varied and nutritious diet...

- Choose foods daily from each of the first five major groups shown below. The table on page B 11 lists some foods in each group.
- Include different foods from within the groups. As a guide, you can use the subgroups listed below the major food group heading.
- Have at least the smaller number of servings suggested from each group. Limit total amount of food eaten to maintain desirable body weight.
- Most people should choose foods that are low in fat and sugars more often.
- Go easy on fats, sweets, and alcoholic beverages.

Food Group	Suggested Daily Servings*
Breads, Cereals, and Other Grain Products • Whole-grain • Enriched	6 to 11 (Include several servings a day of whole-grain products.)
Fruits • Citrus, melon, berries • Other fruits	2 to 4
Vegetables • Dark-green leafy • Deep-yellow • Dry beans and peas (legumes) • Starchy • Other vegetables	3 to 5 servings (Include all types regularly; use dark-green leafy vegetables and dry beans and peas several times a week.)
Meat, Poultry, Fish, and Alternates (Eggs, dry beans and peas, nuts and seeds)	2 to 3 servings— total 5 to 7 ounces lean
Milk, Cheese, and Yogurt	2 servings (3 servings for teens and women who are pregnant or breastfeeding; 4 servings for teens who are pregnant or breastfeeding)
Fats, Sweets, and Alcoholic Beverages	Avoid too many fats and sweets. If you drink alcoholic beverages, do so in moderation.

NOTE: The pattern for daily food choices described here was developed for Americans who regularly eat foods from all the major food groups listed. Some people such as vegetarians and others may not eat one or more of these types of foods. These people may wish to contact a nutritionist in their community for help in planning food choices.

What Counts as a Serving?

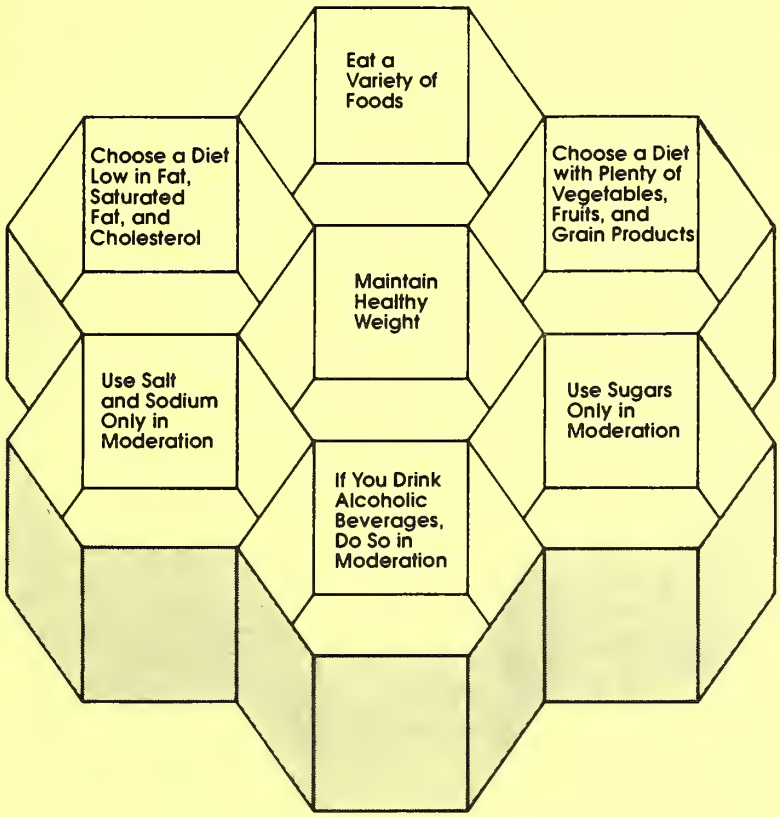
The examples listed below will give you an idea of the amounts of food to count as one serving when you use the guide to the left.

- **Breads, cereals, and other grain products:** 1 slice of bread; 1/2 hamburger bun or english muffin; a small roll, biscuit, or muffin; 3 to 4 small or 2 large crackers; 1/2 cup cooked cereal, rice, or pasta; or 1 ounce of ready-to-eat breakfast cereal.
- **Fruits:** A piece of whole fruit such as an apple, banana, orange; a grapefruit half; a melon wedge; 3/4 cup of juice; 1/2 cup berries, or 1/2 cup cooked or canned fruit; or 1/4 cup dried fruit.
- **Vegetables:** 1/2 cup of cooked or chopped raw vegetables or 1 cup of leafy raw vegetables, such as lettuce or spinach.
- **Meat, poultry, fish, and alternates:** Serving sizes will differ. Amounts should total 5 to 7 ounces of lean meat, fish, or poultry a day. A serving of meat the size and thickness of the palm of a woman's hand is about 3 to 5 ounces and a man's, 5 to 7 ounces. Count 1 egg, 1/2 cup cooked dry beans, or 2 tablespoons of peanut butter as 1 ounce of lean meat.
- **Milk, cheese, and yogurt:** 1 cup of milk, 8 ounces of yogurt, 1-1/2 ounces natural cheese, or 2 ounces of process cheese.

*What About the Number of Servings?

The amount of food you need depends on your age, sex, physical condition, and how active you are. Almost everyone should have at least the minimum number of servings from each food group daily. Many women, older children, and most teenagers and men need more. The top of the range is about right for an active man or teenage boy. Young children may not need as much food. They can have smaller servings from all groups except milk, which should total 2 servings per day. You can use the guide at the left to help plan for the variety and amounts of foods your family needs each day.

Dietary Guidelines for Americans



First published in 1980 by the U.S. Department of Agriculture and the U.S. Department of Health and Human Serivces, **Nutrition and Your Health: Dietary Guidelines for Americans** provides dietary guidance for healthy Americans. Based upon the recommendations of the Dietary Guidelines Advisory Committee, the guidelines consider diet as it relates to the risk of certain chronic diseases as well as the promotion of health. These guidelines have been revised twice—in 1985 and, most recently, in 1990.

With the goal of providing help for people as they make daily food choices, these guidelines help answer the question—"What should Americans eat to stay healthy?" The guidelines are advice for healthy Americans age 2 years and over—not for younger children and infants, who have different dietary needs. The guidelines reflect recommendations of nutrition authorities who agree that enough is known about diet's effect on health to encourage certain dietary practices by Americans.

Many American diets have too many calories and too much fat (especially saturated fat), cholesterol, and sodium. They also have too little complex carbohydrates and fiber. Such diets are one cause of America's high rates of obesity and of certain

diseases—heart disease, high blood pressure, stroke, diabetes, and some forms of cancer. The exact role of diet in some of these health problems is still being studied.

Diseases caused by vitamin and mineral deficiencies are rare in this country. But some people do not get recommended amounts of a few nutrients, especially calcium and iron.

Food alone cannot make a person healthy. Good health also depends on heredity, the environment, and the health care one gets. Lifestyle is also important to one's health—how much exercise a person gets and whether a person smokes, drinks alcoholic beverages to excess, or abuses drugs, for example. A diet based on the following guidelines, however, can help keep a person healthy and may even improve one's health.

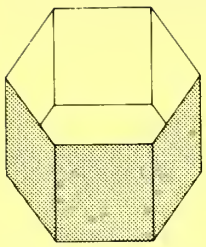
The Dietary Guidelines for Americans are:

- ❑ Eat a variety of foods
- ❑ Maintain healthy weight
- ❑ Choose a diet low in fat, saturated fat, and cholesterol
- ❑ Choose a diet with plenty of vegetables, fruits, and grain products
- ❑ Use sugars only in moderation
- ❑ Use salt and sodium only in moderation
- ❑ If you drink alcoholic beverages, do so in moderation

The first two guidelines form the framework for the diet: "Eat a variety of foods" for the nutrients and energy (calories) needed to "Maintain healthy weight." The next two guidelines stress the need for many Americans to change their diets to be lower in fat, especially saturated fat, and higher in complex carbohydrates and fiber. Other guidelines suggest only moderate use of sugars, salt, and, if used at all, alcoholic beverages.

These guidelines call for moderation—avoiding extremes in diet. Both eating too much and eating too little can be harmful. The foods Americans have to choose from are varied, plentiful, and safe to eat. These guidelines can help individuals choose a diet that is both healthful and enjoyable. A brief explanation of each guideline—what it means and why it is important—follows.

For more information regarding the dietary guidelines, refer to the **Nutrition and Your Health: Dietary Guidelines for Americans** brochure included with this section.



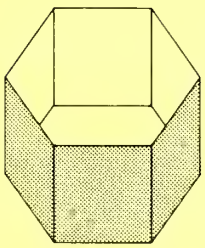
Eat a Variety of Foods

Eating a variety of foods—not a few highly fortified foods or supplements—is the best way to get the energy, protein, vitamins, minerals, and fiber needed by the body.

Many foods are good sources of several nutrients. For example, vegetables are important for vitamins A and C, folic acid, minerals, and fiber. Breads and cereals supply B vitamins, iron, and protein; whole-grain types are also good sources of fiber. Milk provides protein, B vitamins, vitamins A and D, calcium, and phosphorus. Meat, poultry, and fish provide protein, B vitamins, iron, and zinc.

No single food can supply all nutrients in the amounts needed by the body. For example, milk supplies calcium but little iron; meat supplies iron but little calcium. To have a nutritious diet, you must eat a variety of foods.

One way to assure variety—and with it, an enjoyable and nutritious diet—is to choose foods each day from the five major food groups. Individuals who do not eat foods from one or more of the food groups may want to contact a dietitian for help in planning how to meet their nutritional needs.



Maintain Healthy Weight

The chances of developing health problems are increased by being too fat or too thin. Being too fat is common in the United States. It is linked with high blood pressure, heart disease, stroke, the most common type of diabetes, certain cancers, and other types of illness.

Being too thin is a less common problem. It occurs with anorexia nervosa and is linked with osteoporosis in women and greater risk of early death in both women and men.

Whether a person's weight is "healthy" depends on how much of the individual's weight is fat, where in the body the fat is located, and whether the person has weight-related medical problems, such as high blood pressure or a family history of such problems.

The adjacent table lists the suggested weights for adults. Notice that higher weights are shown for people 35 years and over. This is because recent research suggests that people can be a little heavier as they grow older without added risk to health. Just how much heavier is not yet clear. The weight ranges given in the table are likely to change based on research under way.

Ranges of weights are given in the table because people of the same heights may have equal amounts of body fat but differ in muscle and bone. The higher weights in the ranges are suggested for people with more muscle and bone.

Weights above the range are believed to be unhealthy for most people. Weights slightly below the range may be healthy for some small-boned people but are sometimes linked to health problems, especially if sudden weight loss has occurred.

Research also suggests that, for adults, body shape as well as weight is important to health. Excess fat in the abdomen is believed to be of greater health risk than that in the hips and thighs. There are several ways to check body shape. Some require the help of a doctor; others do not.

Table. Suggested Weights for Adults

Height[1]	Weight in pounds[2]	
	19 to 34 years	35 years and over
5'0"	[3]97-128	108-138
5'1"	101-132	111-143
5'2"	104-137	115-148
5'3"	107-141	119-152
5'4"	111-146	122-157
5'5"	114-150	126-162
5'6"	118-155	130-167
5'7"	121-160	134-172
5'8"	125-164	138-178
5'9"	129-169	142-183
5'10"	132-174	146-188
5'11"	136-179	151-194
6' 0"	140-184	155-199
6' 1"	144-189	159-205
6' 2"	148-195	164-210
6' 3"	152-200	168-216
6' 4"	156-205	173-222
6' 5"	160-211	177-228
6' 6"	164-216	182-234

[1]Without shoes.
[2]Without clothes.
[3]The higher weights in the ranges generally apply to men, who tend to have more muscle and bone; the lower weights more often apply to women, who have less muscle and bone.

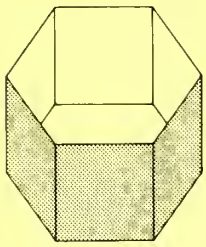
Source: Derived from National Research Council, 1989

A profile look in the mirror may be enough to make it clear to some people that they have too much fat in the abdomen. Another way to check body shape is:

- ❑ Measure around the waist near the navel while standing relaxed—not pulling in the stomach.
- ❑ Measure around the hips, over the buttocks, where they are largest.
- ❑ Divide the waist measurement by the hips measurement to get the waist-to-hip ratio.

  Research in adults suggests that ratios close to or above one are linked with greater risk for several diseases. However, ratios have not been defined for all populations or age groups.

Individuals who are not at a "healthy" weight, need to set reasonable weight goals and try for long-term success through new and better lifelong habits of both eating and exercise.



Choose a Diet Low in Fat, Saturated Fat, and Cholesterol

Many Americans have diets high in fat, saturated fat, and cholesterol. Such diets are linked to increased risk for heart disease, obesity, and certain types of cancer.

A diet low in fat makes it easier for a person to include the variety of foods needed for nutrients without exceeding their caloric needs because fat contains over twice the calories of an equal amount of carbohydrate or protein.

The goals suggested for fat and saturated fat in American diets are listed below. Remember, these goals for fats apply to the diet over several days—not to a single meal or a single food.

Total Fat

The goal for fat depends on one's caloric needs. An amount that provides 30 percent or less of total daily calories from fat is suggested. The following chart shows the upper limit on the grams of fat per day that corresponds to various daily caloric intakes:

Calories	Total fat per day (grams)	Saturated fat per day (grams)
1600	53 or less	less than 18
2200	73 or less	less than 24
2800	93 or less	less than 31

Saturated Fat

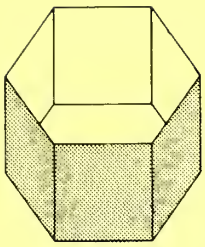
An amount that provides less than 10 percent of calories is suggested. All fats contain both saturated and unsaturated fat (fatty acids). The fats in animal products are the main sources of saturated fat in most diets, with tropical oils (coconut, palm kernel, and palm oils) and hydrogenated fats providing smaller amounts.

Cholesterol

Animal products are the source of all dietary cholesterol. Eating less fat from animal sources will help lower cholesterol as well as total fat and saturated fat in the diet.

Food Tips to Reduce Fat, Saturated Fat, and Cholesterol

- ❑ Use fats and oils sparingly in cooking.
- ❑ Use small amounts of salad dressing and spreads, such as butter, margarine, and mayonnaise. Try reduced or nonfat substitutes.
- ❑ Choose lean cuts of meat and trim visible fat.
- ❑ Take skin off of poultry.
- ❑ Have cooked dry beans and peas instead of meat occasionally.
- ❑ Moderate the use of egg yolks and organ meats.
- ❑ Choose skim or lowfat milk and nonfat or lowfat yogurt and cheese most of the time.
- ❑ Check labels on foods to see how much fat and saturated fat are in a serving.
- ❑ Choose liquid vegetable oils more often because they are lower in saturated fat.

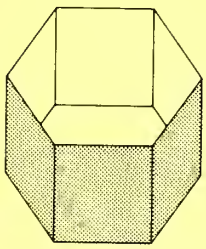


Choose a Diet with Plenty of Vegetables, Fruits, and Grain Products

This guideline recommends that adults eat at least three servings of vegetables and two servings of fruits daily. It also recommends at least six servings of grain products, such as breads, cereals, pasta, and rice, with an emphasis on whole-grains. Children should also be encouraged to eat plenty of these foods.

A varied diet that emphasizes these foods supplies important vitamins and minerals, fiber, and complex carbohydrates. Such a diet is generally lower in fat.

Some of the benefit from a higher fiber diet may be from the food that provides the fiber, not from the fiber alone. For this reason, it is best to get fiber from foods rather than from supplements.

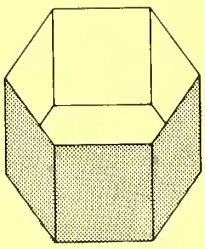


Use Sugars Only in Moderation

Sugars and many foods that contain them in large amounts supply calories but are limited in nutrients. Sugar comes in many forms, such as table sugar (sucrose), brown sugar, honey, syrup, corn sweetener, high-fructose corn sweetener, molasses, glucose (dextrose), fructose, maltose, and lactose.

Sugars should be used in moderation by most healthy people and sparingly by people with low caloric needs. Diets high in sugars have not been shown to cause diabetes. The most common type of diabetes occurs in overweight adults, and avoiding sugars alone will not correct overweight.

Both sugars and starches—which break down into sugars—can contribute to tooth decay. Avoid excessive snacking, brush with a fluoride toothpaste, and floss regularly to help prevent tooth decay.



Use Salt and Sodium Only in Moderation

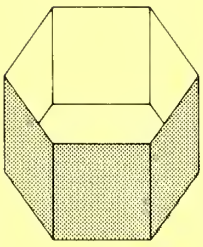
Table salt contains sodium and chloride—both are essential in the diet. However, most Americans eat more salt and sodium than they need. Food and beverages containing salt provide most of the sodium in our diets, much of it added during processing and manufacturing.

In populations with diets low in salt, high blood pressure is less common than in populations with diets high in salt. Other factors that affect blood pressure are heredity, obesity, and excessive drinking of alcoholic beverages.

In the United States, about one in three adults has high blood pressure. Eating less salt and sodium will benefit those people whose blood pressure goes up with salt intake.

Food Tips to Moderate Use of Salt and Sodium

- ❑ Use salt sparingly, if at all, in cooking and at the table.
- ❑ Foods that tend to be higher in sodium include many cheeses, processed meats, most frozen dinners and entrees, packaged mixes, most canned soups and vegetables, salad dressings and condiments, such as soy sauce, pickles, olives, catsup, and mustard.
- ❑ Use salted snacks, such as chips, crackers, pretzels, and nuts, sparingly.
- ❑ Check labels for the amount of sodium in foods. Choose those lower in sodium most of the time.



If You Drink Alcoholic Beverages, Do So in Moderation

Alcoholic beverages supply calories but little or no nutrients. Drinking them has no net health benefit, is linked with many health problems, and can lead to addiction. It is also the cause of many accidents.

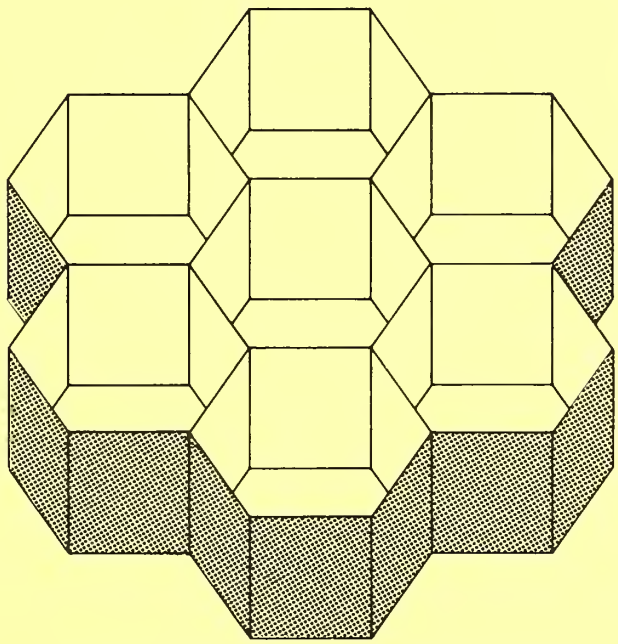
Some people who should **not** drink alcoholic beverages are: women who are pregnant or trying to conceive; individuals who plan to drive or engage in other activities that require attention or skill; individuals using medicines, including over-the-counter medicines; individuals who cannot keep their drinking moderate; and children and adolescents.

What Is Moderate Drinking?

For women, this means no more than one drink a day and for men, no more than two drinks a day.

Count as a drink:

- ❑ 12 ounces of regular beer
- ❑ 5 ounces of wine
- ❑ 1 1/2 ounces of distilled spirits (80 proof)



What is Diabetes?

Diabetes mellitus is a disease that affects the way the body uses food. Normally, the body changes sugars, starches, and other foods that are eaten into a form of sugar called glucose. The body uses glucose for fuel. Glucose is carried to the body's cells by the bloodstream. Insulin (a hormone made by the pancreas) helps glucose enter the cells. There, glucose is changed into energy and used, or it is stored for later use.

In diabetes, something goes wrong with this process. Food is changed into glucose, but either the body does not make enough insulin or it cannot use insulin correctly. Because glucose is unable to enter the cells, it builds up in the bloodstream. High blood glucose levels (high blood sugar levels) are one of the main signs of undiagnosed diabetes.

The goal of treatment for all types of diabetes is to keep blood sugar at or near normal (nondiabetic) levels. It is estimated that about 6 percent of the U.S. population—14 million Americans—has some form of diabetes. About 7 million of these people do not know they have diabetes. The tendency to develop diabetes is believed to be genetic (something a person is born with or "inherits" through their genes).

Insulin-Dependent (Type I) Diabetes

This type of diabetes occurs most often in children and young adults. It usually appears suddenly and progresses quickly. The cells that make insulin (beta cells) stop working and make little or no insulin, so people with Type I must take daily injections of insulin to stay alive. Their treatment plan also includes a meal plan and regular exercise. (Insulin cannot be given by mouth because it would be destroyed by the body's digestive juices.)

The exact cause of Type I is not known. Viral infections may cause the disease by attacking the beta cells. Or the body's own immune system—the first line of defense against infection—may attack the beta cells. Or some combination of the two may cause the disease. Type I accounts for 10 percent of all known cases of diabetes.

Noninsulin-Dependent (Type II) Diabetes

This type of diabetes usually occurs in adults over 40 who are overweight. Its onset is usually gradual. In fact, Type II may take several years to develop. About 90 percent of all people with diabetes have Type II.

In Type II, the body makes some insulin but is unable to use it effectively. This inability to properly use insulin is often called insulin resistance. Type II can often be controlled with diet and exercise, although some people also need oral medications or insulin injections.

Gestational Diabetes

Gestational diabetes develops in some pregnant women during the second half of the pregnancy but usually disappears after their babies are born. The complications of gestational diabetes are manageable and preventable. The key to prevention is careful control of blood sugar levels just as soon as the diagnosis of gestational diabetes is made. About half the women who develop gestational diabetes will later develop Type II diabetes.

EATING RIGHT
THE DIETARY GUIDELINES WAY

GOOD SOURCES OF NUTRIENTS

These 17 fact sheets can help you select foods that provide the vitamins, minerals, and dietary fiber you need every day as you follow the Dietary Guidelines for Americans. Each fact sheet explains the function of one nutrient, lists good sources of the nutrient, and gives tips on preparing and serving foods that are good sources.

Fact sheets are included for –

- **Vitamin A**
- **Vitamin E**
- **Vitamin C**
- **Vitamin B-6**
- **Vitamin B-12**
- **Folate**
- **Thiamin**
- **Riboflavin**
- **Niacin**
- **Calcium**
- **Iron**
- **Magnesium**
- **Copper**
- **Zinc**
- **Phosphorus**
- **Potassium**
- **Dietary Fiber**

UNITED STATES DEPARTMENT OF AGRICULTURE/HUMAN NUTRITION INFORMATION SERVICE

JANUARY 1990

EATING RIGHT
THE DIETARY GUIDELINES WAY

GOOD SOURCES OF NUTRIENTS

VITAMIN A

This is one in a series of fact sheets containing information to help you select foods that provide adequate daily amounts of vitamins, minerals, and dietary fiber as you follow the Dietary Guidelines for Americans. The Guidelines are—

- *Eat a Variety of Foods*
- *Maintain Desirable Weight*
- *Avoid Too Much Fat, Saturated Fat, and Cholesterol*
- *Eat Foods with Adequate Starch and Fiber*
- *Avoid Too Much Sugar*
- *Avoid Too Much Sodium*
- *If You Drink Alcoholic Beverages, Do So in Moderation*

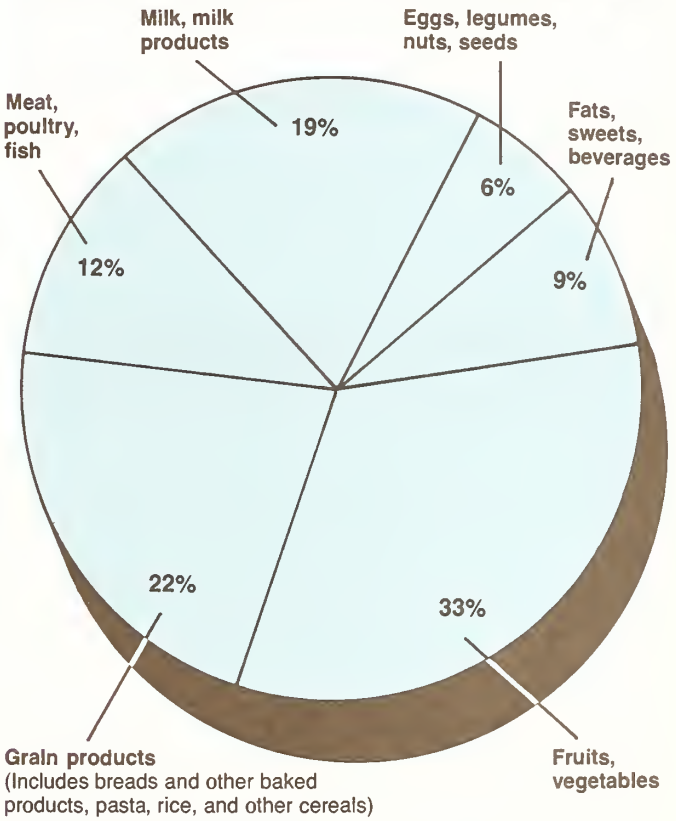
What Is Meant By a Good Food Source?

A good food source of vitamin A contains a substantial amount of vitamin A and/or carotenes (converted to vitamin A in the body) in relation to its calorie content and contributes at least 10 percent of the U.S. Recommended Daily Allowance (U.S. RDA) for vitamin A in a selected serving size or a unit of measure considered easy for the consumer to use. The U.S. RDA for vitamin A is 1,000 retinol equivalents per day.[1]

The U.S. RDA for vitamin A is the amount of the vitamin used as a standard in nutrition labeling of foods. This allowance is based on the 1968 Recommended Dietary Allowances (RDA) for 24 sex-age categories set by the Food and Nutrition Board of the National Academy of Sciences. The 1989 RDA has been set at 800 retinol equivalents per day for women 19 to 50 years of age and 1,000 retinol equivalents for men 19 to 50 years of age.

[1]The U.S. RDA given is for adults (except pregnant or lactating women) and children over 4 years of age.

Where Do Women Get Vitamin A?[1]



Source: U.S. Department of Agriculture, Human Nutrition Information Service. Unpublished data from 1985 and 1986. Continuing Survey of Food Intakes by Individuals, 4 days.

[1]Women 19-50 years of age. The percentages provided by the various food groups may not add up to 100 because of rounding.

As you can see, in 1985 and 1986, 33 percent of the vitamin A (including carotenes) in the diets of women came from fruits and vegetables. Dark-green vegetables and deep-yellow fruits and vegetables provided about half of

the vitamin A in the form of carotenes coming from this group. Grain products and milk and milk products each supplied about 20 percent of the vitamin A consumed. Foods that contain small amounts of vitamin A but are not considered good sources can contribute significant amounts of vitamin A to an individual's diet if these foods are eaten often or in large amounts.

Why Do We Need Vitamin A?

Vitamin A, a fat-soluble vitamin, is involved in the formation and maintenance of healthy skin, hair, and mucous membranes. Vitamin A helps us to see in dim light and is necessary for proper bone growth, tooth development, and reproduction.

Do We Get Enough Vitamin A?

According to recent USDA surveys, the average intake of vitamin A (and carotenes) by women and men 19 to 50 years of age met the RDA for vitamin A.

How Can We Get Enough Vitamin A?

Eating a variety of foods that contain vitamin A (and carotenes) is the best way to get an adequate amount. Healthy individuals who eat a balanced diet rarely need supplements. In fact, too much vitamin A can be toxic. The list of foods will help you select those that are good sources of vitamin A as you follow the Dietary Guidelines. The list of good sources was derived from the same nutritive value of foods tables used to analyze information for recent food consumption surveys of the U.S. Department of Agriculture, Human Nutrition Information Service.

How To Prepare Foods To Retain Vitamin A

Vitamin A can be lost from foods during preparation, cooking, or storage. To retain vitamin A:

- Serve fruits and vegetables raw whenever possible.
- Keep vegetables (except sweet potatoes and winter squash) and fruits covered and refrigerated during storage.
- Steam vegetables and braise, bake, or broil meats instead of frying. Some vitamin A is lost in the fat during frying.

What About Fortified Foods?

Lowfat and skim milks are often fortified with vitamin A because it was removed from milk with the fat. Margarine is fortified to make its vitamin A content the same as butter.

Most ready-to-eat and instant-prepared cereals are fortified with vitamin A. Fortified ready-to-eat cereals usually contain at least 25 percent of the U.S. RDA for vitamin A. Since cereals vary, check the label on the package for the percentage of the U.S. RDA for a specific cereal.

What Is a Serving?

The serving sizes used on the list of good sources are only estimates of the amounts of food you might eat. The amount of a nutrient in a serving depends on the weight of the serving. For example, 1/2 cup of a cooked vegetable contains more vitamin A than 1/2 cup of the same vegetable served raw, because a serving of the cooked vegetable weighs more. Therefore, the cooked vegetable may appear on the list while the raw form does not. The raw vegetable provides the nutrient—but just not enough in a 1/2-cup serving to be considered a good source.

What Are Good Sources Of Vitamin A?

Food	Selected Serving Size	Percentage of U.S. RDA[1]
BREADS, CEREALS, AND OTHER GRAIN PRODUCTS[2]		
Oatmeal, instant, fortified, prepared	⅔ cup	+ + +
Ready-to-eat cereals, fortified.	1 ounce	+ +
FRUITS		
Apricot nectar	½ cup	+
Apricots:		
Canned, juice-pack	About 3 halves	+
Dried, cooked, unsweetened	½ cup	+ +
Dried, uncooked	About 9 halves	+
Cantaloup, raw	About ½ cup diced	+ +
Mandarin orange sections, canned or frozen, juice-pack	½ cup	+
Mango, raw	½ medium	+ + +
Melon balls (cantaloup and honeydew), frozen, unsweetened	½ cup	+
Nectarine, raw	1 medium	+
Plums, canned, juice-pack	½ cup	+
Watermelon, raw	About 1¾ cups diced	+
VEGETABLES		
Broccoli, cooked	½ cup	+
Carrots:		
Cooked	½ cup	+ + +
Raw	4 3-inch strips	+ + +
Chard, cooked	½ cup	+
Collards, cooked	½ cup	+
Endive, chicory, romaine, or escarole; raw	1 cup	+
Escarole, cooked	½ cup	+
Kale, cooked	½ cup	+ + +
Mustard greens, cooked	½ cup	+
Peas and carrots, cooked	½ cup	+ + +
Pepper, sweet, red:		
Cooked	½ cup	+ +
Raw	1 small	+ + +
Plantain, green or ripe, boiled	1 medium	+
Pumpkin, cooked	½ cup	+
Spinach:		
Cooked	½ cup	+ + +
Raw	1 cup	+
Squash, winter, cooked, mashed	½ cup	+ + +
Sweetpotato:		
Baked or boiled	1 medium	+ + +
Canned	½ cup	+ + +
Tomatoes:		
Cooked	½ cup	+
Raw	1 medium	+
Tomato juice, canned	¾ cup	+
Tomato-vegetable juice cocktail	¾ cup	+
Turnip greens or turnip greens with turnips, cooked	½ cup	+ + +
MEAT, POULTRY, FISH, AND ALTERNATES		
Meat and Poultry		
Liver, braised:		
Beef, calf, or pork	3 ounces	+ + +
Chicken or turkey	½ cup diced	+ + +
Fish and Seafood		
Mackerel, canned, drained	3 ounces	+
MILK, CHEESE, AND YOGURT		
Milk, lowfat or skim	1 cup	+

[1]A selected serving size contains—

+ 10-24 percent of the U.S. RDA for adults and children over 4 years of age
+ + 25-39 percent of the U.S. RDA for adults and children over 4 years of age
+ + + 40 percent or more of the U.S. RDA for adults and children over 4 years of age

[2]See section on fortified foods.

EATING RIGHT
THE DIETARY GUIDELINES WAY

GOOD SOURCES OF NUTRIENTS

VITAMIN E

This is one in a series of fact sheets containing information to help you select foods that provide adequate daily amounts of vitamins, minerals, and dietary fiber as you follow the Dietary Guidelines for Americans. The Guidelines are—

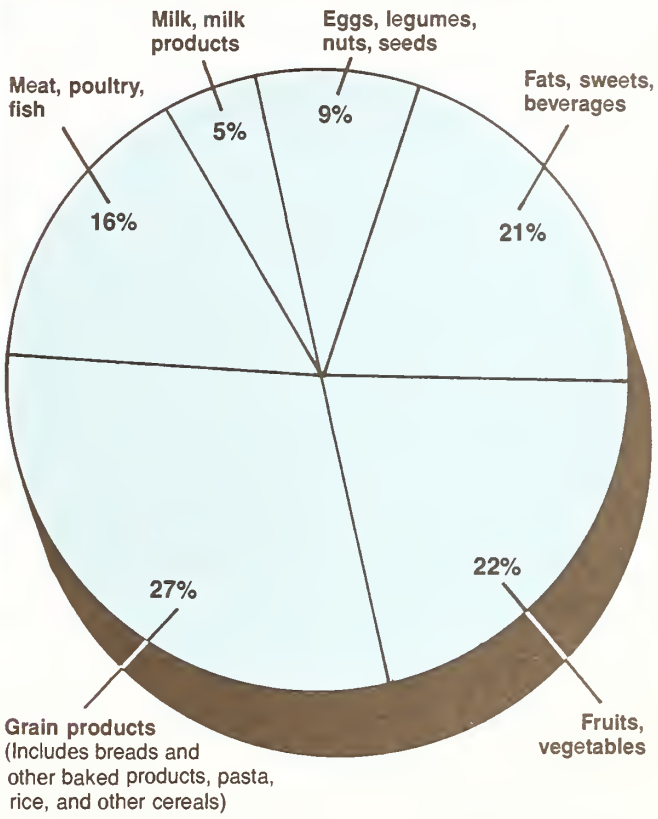
- *Eat a Variety of Foods*
- *Maintain Desirable Weight*
- *Avoid Too Much Fat, Saturated Fat, and Cholesterol*
- *Eat Foods with Adequate Starch and Fiber*
- *Avoid Too Much Sugar*
- *Avoid Too Much Sodium*
- *If You Drink Alcoholic Beverages, Do So in Moderation*

What Is Meant By a Good Food Source?

A good food source of vitamin E contains a substantial amount of vitamin E in relation to its calorie content and contributes at least 10 percent of the U.S. Recommended Daily Allowance (U.S. RDA) for vitamin E in a selected serving size. The U.S. RDA for vitamin E is 10 milligrams per day.[1]

The U.S. RDA for vitamin E is the amount of the vitamin used as a standard in nutrition labeling of foods. This allowance is based on the 1968 Recommended Dietary Allowances (RDA) for 24 sex-age categories set by the Food and Nutrition Board of the National Academy of Sciences. The 1989 RDA has been set at 8 milligrams per day for women 19 to 54 years of age and 10 milligrams for men 19 to 50 years of age.

Where Do Women Get Vitamin E?[1]



Source: U.S. Department of Agriculture, Human Nutrition Information Service. Unpublished data from 1985 and 1986. Continuing Survey of Food Intakes by Individuals, 4 days.

[1]Women 19-50 years of age.

As you can see, in 1985 and 1986, 27 percent of the vitamin E in the diets of women came from grain products and 22 percent came from fruits and vegetables. Foods that contain small amounts of vitamin E but are not considered good sources can contribute significant amounts of vitamin E to an individual's diet if these foods are eaten often or in large amounts.

[1]The U.S. RDA given is for adults (except pregnant or lactating women) and children over 4 years of age.

Why Do We Need Vitamin E?

Vitamin E, a fat-soluble vitamin, protects vitamin A and essential fatty acids from oxidation in the body cells and prevents breakdown of body tissues.

Do We Get Enough Vitamin E?

According to recent USDA surveys, the intake of vitamin E by women 19 to 50 years of age averaged less than 90 percent of the RDA. Men of the same age had intakes close to 100 percent of the RDA.

How Can We Get Enough Vitamin E?

Eating a variety of foods that contain vitamin E is the best way to get an adequate amount. Healthy individuals who eat a balanced diet rarely need supplements. The list of foods will help you select those that are good sources of vitamin E as you follow the Dietary Guidelines. The list of good sources was derived from the same nutritive value of foods tables used to analyze information for recent food consumption surveys of the U.S. Department of Agriculture, Human Nutrition Information Service.

How To Prepare Foods To Retain Vitamin E

Vitamin E can be lost from foods during cooking, processing, or storage. To retain vitamin E:

- Use whole-grain flours.
- Store foods in airtight containers and avoid exposing them to light.

What About Fortified Foods?

Most ready-to-eat cereals are fortified with vitamin E. Fortified ready-to-eat cereals usually contain at least 40 percent of the U.S. RDA for vitamin E. Since cereals vary, check the label on the package for the percentage of the U.S. RDA for a specific cereal.

What Is a Serving?

The serving sizes used on the list of good sources are only estimates of the amounts of food you might eat. The amount of nutrient in a serving depends on the weight of the serving. For example, 1/2 cup canned fruit contains more vitamin E than 1/2 cup of the same fruit served raw, because a serving of the canned fruit weighs more. Therefore, the canned fruit may appear on the list while the raw form does not. The raw fruit provides the nutrient—but just not enough in a 1/2-cup serving to be considered a good source.

What Are Good Sources Of Vitamin E?

Food	Selected Serving Size	Percentage of U.S. RDA[1]
BREAD, CEREALS, AND OTHER GRAIN PRODUCTS		
Multigrain cereal, cooked	⅔ cup	+
Ready-to-eat cereals, fortified[2]	1 ounce	+ + +
Wheat germ, plain	2 tablespoons	+ +
FRUITS		
Apple, baked, unsweetened	1 medium	+
Apricots, canned, juice-pack	½ cup	+
Nectarine, raw	1 medium	+
Peaches, canned, juice-pack	½ cup	+
VEGETABLES		
Chard, cooked	½ cup	+
Dandelion greens, cooked	½ cup	+
Kohlrabi, cooked	½ cup	+
Mustard greens, cooked	½ cup	+
Pumpkin, cooked	½ cup	+
Turnip greens, cooked	½ cup	+
MEAT, POULTRY, FISH, AND ALTERNATES		
Meat and Poultry		
Liver, chicken, or turkey, braised	½ cup diced	+
Fish and Seafood		
Clams; steamed, boiled, or canned; drained	3 ounces	+
Croaker, mackerel, mullet, or ocean perch; baked or broiled	3 ounces	+
Mackerel, canned, drained	3 ounces	+
Salmon:		
Baked, broiled, steamed, or poached	3 ounces	+
Canned, drained	3 ounces	+
Scallops, baked or broiled	3 ounces	+
Shrimp:		
Broiled, steamed or boiled	3 ounces	+ +
Canned, drained	3 ounces	+
Nuts and Seeds		
Almonds, unroasted	2 tablespoons	+ + +
Brazil nuts	2 tablespoons	+
Filberts (hazelnuts)	2 tablespoons	+ + +
Peanuts, roasted or dry-roasted	2 tablespoons	+
Peanut butter	2 tablespoons	+ +
Sunflower seeds, hulled, roasted or dry-roasted	2 tablespoons	+ + +

[1]A selected serving size contains—
+ 10-24 percent of the U.S. RDA for adults and children over 4 years of age
+ + 25-39 percent of the U.S. RDA for adults and children over 4 years of age
+ + + 40 percent or more of the U.S. RDA for adults and children over 4 years of age

[2]See section on fortified foods.

January 1990

EATING RIGHT
THE DIETARY GUIDELINES WAY

GOOD SOURCES OF NUTRIENTS

VITAMIN C

(Ascorbic Acid)

This is one in a series of fact sheets containing information to help you select foods that provide adequate daily amounts of vitamins, minerals, and dietary fiber as you follow the Dietary Guidelines for Americans. The Guidelines are—

- *Eat a Variety of Foods*
- *Maintain Desirable Weight*
- *Avoid Too Much Fat, Saturated Fat, and Cholesterol*
- *Eat Foods with Adequate Starch and Fiber*
- *Avoid Too Much Sugar*
- *Avoid Too Much Sodium*
- *If You Drink Alcoholic Beverages, Do So in Moderation*

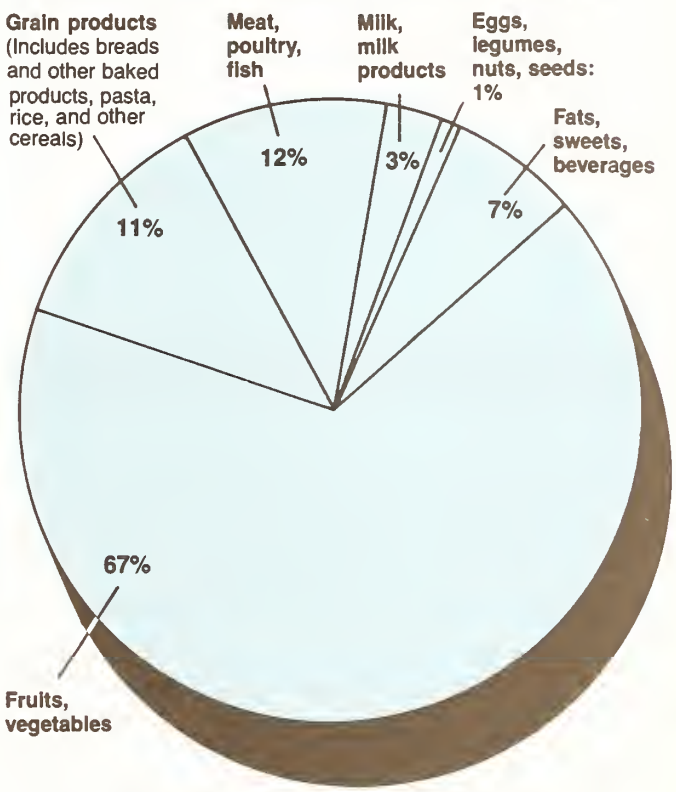
What Is Meant By a Good Food Source?

A good food source of vitamin C contains a substantial amount of vitamin C in relation to its calorie content and contributes at least 10 percent of the U.S. Recommended Daily Allowance (U.S. RDA) for vitamin C in a selected serving size. The U.S. RDA for vitamin C is 60 milligrams per day.[1]

The U.S. RDA for vitamin C is the amount of the vitamin used as a standard in nutrition labeling of foods. This allowance is based on the 1968 Recommended Dietary Allowances (RDA) for 24 sex-age categories set by the Food and Nutrition Board of the National Academy of Sciences. The 1989 RDA has been set at 60 milligrams per day for women and men 19 to 50 years of age.

[1]The U.S. RDA given is for adults (except pregnant or lactating women) and children over 4 years of age.

Where Do Women Get Vitamin C?[1]



Source: U.S. Department of Agriculture, Human Nutrition Information Service. Unpublished data from 1985 and 1986. Continuing Survey of Food Intakes by Individuals, 4 days.

[1]Women 19-50 years of age. The percentages provided by the various food groups may not add up to 100 because of rounding.

As you can see, in 1985 and 1986, 67 percent of the vitamin C in the diets of women came from fruits and vegetables. Citrus fruits and tomatoes contributed almost half of the vitamin C provided by the fruits and vegetables group. Almost all of the vitamin C supplied by the fats, sweets, and beverages group came from beverages. Foods that contain small amounts of vitamin C but are not considered good sources can contribute significant amounts of vitamin C to an individual's diet if these foods are eaten often or in large amounts.

Why Do We Need Vitamin C?

Vitamin C, a water-soluble vitamin, is important in forming collagen, a protein that gives structure to bones, cartilage, muscle, and blood vessels. It also helps to maintain capillaries, bones, and teeth and aids in the absorption of iron.

Do We Get Enough Vitamin C?

According to recent USDA surveys, average intake of vitamin C by women 19 to 50 years of age was over the RDA for vitamin C. Women tended to consume less than men of the same age. Most nutrition scientists believe that there are no known advantages in consuming excessive amounts of vitamin C.

How Can We Get Enough Vitamin C?

Eating a variety of foods that contain vitamin C is the best way to get an adequate amount. Healthy individuals who eat a balanced diet rarely need supplements. The list of foods will help you select those that are good sources of vitamin C as you follow the Dietary Guidelines. The list of food sources was derived from the same nutritive value of foods tables used to analyze information for recent food consumption surveys of the U.S. Department of Agriculture, Human Nutrition Information Service.

How To Prepare Foods To Retain Vitamin C

Vitamin C can be readily lost from foods during preparation, cooking, or storage. To retain vitamin C:

- Serve fruits and vegetables raw whenever possible.
- Steam, boil, or simmer foods in a minimal amount of water, or microwave them for the shortest time possible.
- Cook potatoes in their skins.
- Refrigerate prepared juices, and store them for no more than 2 to 3 days.
- Store cut raw fruits and vegetables in an airtight container and refrigerate—do not soak or store in water. Vitamin C will be dissolved in the water.

What About Fortified Foods?

Some juices not normally a source of vitamin C, such as grape and apple, have vitamin C added. A 3/4-cup (juice glass) serving of these fortified juices may provide 40 percent or more of the U.S. RDA for vitamin C. Check the label for the exact amount. Vitamin C (ascorbic acid) is added to frozen peaches to prevent discoloration.

Most ready-to-eat cereals are fortified with vitamin C. Fortified ready-to-eat cereals usually contain at least 25 percent of the U.S. RDA for vitamin C. Since cereals vary, check the label on the package for the percentage of the U.S. RDA for a specific cereal.

What Is a Serving?

The serving sizes used on the list of good sources are only estimates of the amounts of food you might eat. The amount of nutrient in a serving depends on the weight of the serving. For example, 1/2 cup of a cooked vegetable contains more vitamin C than 1/2 cup of the same vegetable served raw, because a serving of the cooked vegetable weighs more. Therefore, the cooked vegetable may appear on the list while the raw form does not. The raw vegetable provides the nutrient—but just not enough in a 1/2-cup serving to be considered a good source.

What Are Good Sources Of Vitamin C?

Food	Selected Serving Size	Percentage of U.S. RDA[1]
BREADS, CEREALS, AND OTHER GRAIN PRODUCTS		
Ready-to-eat cereals, fortified[2]	1 ounce	+ +
FRUITS		
Apples:		
Baked, unsweetened	1 medium	+
Raw	1 medium	+
Apple juice[3]	¾ cup	+ + +
Banana, raw	1 medium	+
Blackberries, raw	½ cup	+ +
Blueberries, raw	½ cup	+
Cantaloup:		
Frozen balls, unsweetened	½ cup	+ + +
Raw	About ½ cup diced	+ + +
Cranberry juice cocktail[3]	1 cup	+ + +
Grapefruit, raw	½ medium	+ + +
Grapefruit juice; fresh, canned, or reconstituted frozen; unsweetened	¾ cup	+ + +
Grapefruit and orange sections, canned, unsweetened	½ cup	+ + +
Grapefruit and orange juice, unsweetened	¾ cup	+ + +
Grape juice, unsweetened[3]	¾ cup	+ + +
Honeydew melon, raw	About ¾ cup diced	+ + +
Kiwifruit, raw	1 medium	+ + +
Mandarin orange sections, canned or frozen, juice-pack	½ cup	+ + +
Mango, raw	½ medium	+ + +
Nectarine, raw	1 medium	+
Orange, raw	1 medium	+ + +
Orange juice, fresh, canned, or reconstituted frozen; unsweetened	¾ cup	+ + +
Papaya, raw	¼ medium	+ + +
Peaches:		
Frozen, unsweetened[3]	½ cup	+ + +
Raw	1 medium	+
Pear, raw	1 medium	+
Pineapple:		
Canned, chunks, juice-pack	½ cup	+
Raw	½ cup	+
Pineapple juice, canned, unsweetened	¾ cup	+ +
Pineapple-grapefruit juice; canned or reconstituted frozen; unsweetened	¾ cup	+ + +
Pineapple-orange juice, canned or reconstituted frozen, unsweetened	¾ cup	+ + +
Plum, raw	1 medium	+
Pomegranate, raw	1 medium	+
Raspberries:		
Frozen, unsweetened	½ cup	+ +
Raw	½ cup	+ +
Strawberries; raw, frozen, or canned; unsweetened	½ cup	+ + +
Tangelo, raw	1 medium	+ + +
Tangerine, raw	1 medium	+ + +
Watermelon, raw	About 1¾ cups diced	+ + +
VEGETABLES		
Artichoke, globe (french), cooked	1 medium	+
Asparagus, cooked	½ cup	+ + +
Beans, green or yellow, cooked	½ cup	+
Beans, lima, cooked	½ cup	+
Bean sprouts, raw or cooked	½ cup	+
Broccoli, raw or cooked	½ cup	+ + +
Brussels sprouts, cooked	½ cup	+ + +
Cabbage:		
Chinese, cooked	½ cup	+ +
Green, raw or cooked	½ cup	+ +
Red, raw or cooked	½ cup	+ + +
Cauliflower, raw or cooked	½ cup	+ + +
Chard, cooked	½ cup	+
Collards, cooked	½ cup	+
Endive, chicory, escarole, or romaine; raw	1 cup	+
Dandelion greens, raw	½ cup	+
Kale, cooked	½ cup	+ + +
Kohlrabi, cooked	½ cup	+ + +
Mustard greens, cooked	½ cup	+ +
Okra, cooked	½ cup	+
Onion, spring:		
Cooked	1 large	+
Raw	1 medium	+
Parsnips, cooked	½ cup	+
Peas, green, cooked	½ cup	+
Pepper, sweet, green or red, raw or cooked	½ cup	+ + +
Plantain, green or ripe, boiled	1 medium	+ + +
Poke greens, cooked	½ cup	+ + +
Potato, with skin:		
Baked	1 medium	+ +
Boiled	1 medium	+ +
Pumpkin, cooked	½ cup	+
Radishes, raw	6 large	+
Rutabagas, cooked	½ cup	+ +
Snow peas, raw or cooked	½ cup	+ + +
Spinach:		
Cooked	½ cup	+
Raw	1 cup	+
Squash:		
Summer, yellow, raw	½ cup	+
Winter, cooked, mashed	½ cup	+
Sweetpotato:		
Baked or boiled	1 medium	+ + +
Canned	½ cup	+ + +

Continued

What Are Good Sources of Vitamin C?

Food	Selected Serving Size	Percentage of U.S. RDA[1]
Tomatoes:		
Cooked	½ cup	+ +
Raw	1 medium	+ +
Tomato juice or tomato-vegetable juice cocktail, canned	¾ cup	+ + +
Turnip greens with turnips, cooked	½ cup	+
Turnips, cooked	½ cup	+
Watercress, raw	½ cup	+
MEAT, POULTRY, FISH, AND ALTERNATES		
Meat and Poultry		
Liver, braised:		
Beef or pork	3 ounces	+ +
Chicken	½ cup diced	+
Fish and Seafood		
Clams; steamed, boiled, or canned; drained	3 ounces	+
Mussels, steamed, boiled, or poached	3 ounces	+

[1]A selected serving size contains—
- \+ 10-24 percent of the U.S. RDA for adults and children over 4 years of age
- \+ + 25-39 percent of the U.S. RDA for adults and children over 4 years of age
- \+ + + 40 percent or more of the U.S. RDA for adults and children over 4 years of age

[2]See section on fortified foods.

[3]Contains added vitamin C.

EATING RIGHT
THE DIETARY GUIDELINES WAY

GOOD SOURCES OF NUTRIENTS

VITAMIN B-6

This is one in a series of fact sheets containing information to help you select foods that provide adequate daily amounts of vitamins, minerals, and dietary fiber as you follow the Dietary Guidelines for Americans. The Guidelines are—

- *Eat a Variety of Foods*
- *Maintain Desirable Weight*
- *Avoid Too Much Fat, Saturated Fat, and Cholesterol*
- *Eat Foods with Adequate Starch and Fiber*
- *Avoid Too Much Sugar*
- *Avoid Too Much Sodium*
- *If You Drink Alcoholic Beverages, Do So in Moderation*

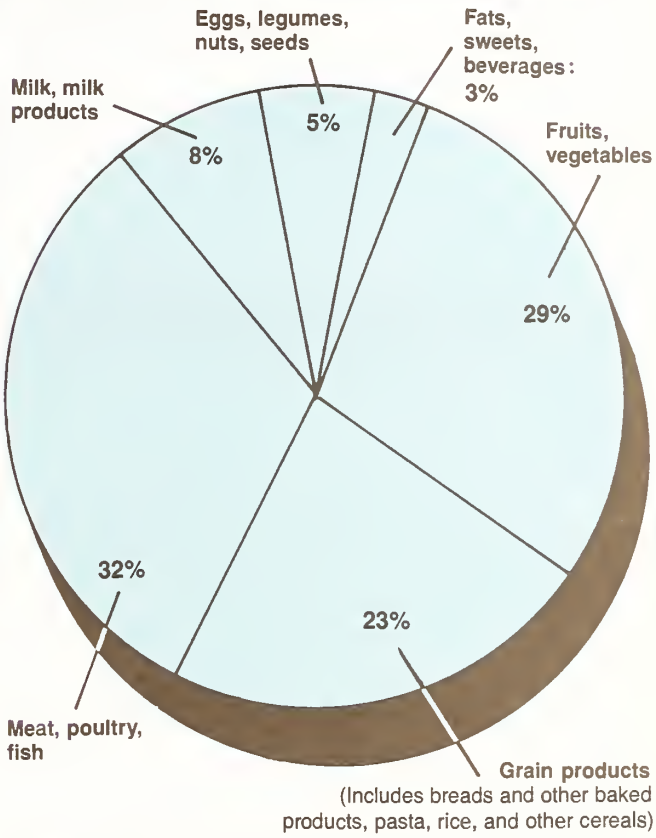
What Is Meant By a Good Food Source?

A good food source of vitamin B-6 contains a substantial amount of vitamin B-6 in relation to its calorie content and contributes at least 10 percent of the U.S. Recommended Daily Allowance (U.S. RDA) for vitamin B-6 in a selected serving size. The U.S. RDA for vitamin B-6 is 2 milligrams per day.[1]

The U.S. RDA for vitamin B-6 is the amount of the vitamin used as a standard in nutrition labeling of foods. This allowance is based on the 1968 Recommended Dietary Allowances (RDA) for 24 sex-age categories set by the Food and Nutrition Board of the National Academy of Sciences. The 1989 RDA has been set at 1.6 milligrams per day for women 19 to 50 years of age and 2 milligrams for men 19 to 50 years of age.

[1]The U.S. RDA given is for adults (except pregnant or lactating women) and children over 4 years of age.

Where Do Women Get Vitamin B-6?[1]



Source: U.S. Department of Agriculture, Human Nutrition Information Service. Unpublished data from 1985 and 1986. Continuing Survey of Food Intakes by Individuals, 4 days.

[1]Women 19-50 years of age.

As you can see, in 1985 and 1986, 32 percent of the vitamin B-6 in the diets of women came from meat, poultry, and fish; 29 percent from fruits and vegetables; and 23 percent from grain products. Foods that contain small amounts of vitamin B-6 but are not considered good sources can contribute significant amounts of vitamin B-6 to an individual's diet if these foods are eaten often or in large amounts.

Why Do We Need Vitamin B-6?

Vitamin B-6, a water-soluble vitamin, helps use protein to build body tissue and aids in the metabolism of fat. The need for vitamin B-6 is directly related to protein intake. As the intake of protein increases, the need for vitamin B-6 increases.

Do We Get Enough Vitamin B-6?

According to recent USDA surveys, the average intake of vitamin B-6 by Americans was below the RDA. The average intake for women 19 to 50 years of age was about 70 percent of the recommended amount. Men tended to have higher intakes than women of the same age, averaging above 90 percent of the recommendations for men.

How Can We Get Enough Vitamin B-6?

Eating a variety of foods that contain vitamin B-6 is the best way to get an adequate amount. Healthy individuals who eat a balanced diet rarely need supplements. Intakes of vitamin B-6 tend to be low in relation to recommendations, and there aren't that many foods that are really good sources; thus, it may take special care to ensure an adequate intake. The list of foods will help you select those that are good sources of vitamin B-6 as you follow the Dietary Guidelines. The list of good sources was derived from the same nutritive value of foods tables used to analyze information from recent food consumption surveys of the U.S. Department of Agriculture, Human Nutrition Information Service.

How To Prepare Foods To Retain Vitamin B-6

Vitamin B-6 can be lost in preparation, cooking, or storage. Cooking losses occur when some vitamin B-6 is dissolved in the cooking liquid. To retain vitamin B-6:

- Serve fruits raw.
- Cook foods in a minimal amount of water.
- Cook for the shortest possible time.
- Roast or broil meat and poultry.

What About Fortified Foods?

Most ready-to-eat and instant-prepared cereals are fortified with vitamin B-6. Fortified ready-to-eat cereals usually contain at least 25 percent of the U.S. RDA for vitamin B-6. Since cereals vary, check the label on the package for the percentage of the U.S. RDA for a specific cereal.

What Is a Serving?

The serving sizes used on the list of good sources are only estimates of the amounts of food you might eat. The amount of nutrient in a serving depends on the weight of the serving. For example, 1/2 cup of a cooked vegetable contains more vitamin B-6 than 1/2 cup of the same vegetable served raw, because a serving of the cooked vegetable weighs more. Therefore, the cooked vegetable may appear on the list while the raw form does not. The raw vegetable provides the nutrient—but just not enough in a 1/2-cup serving to be considered a good source.

What Are Good Sources Of Vitamin B-6?

Food	Selected Serving Size	Percentage of U.S. RDA[1]
BREADS, CEREALS, AND OTHER GRAIN PRODUCTS[2]		
Oatmeal, instant, fortified, prepared	⅔ cup	+ +
Ready-to-eat cereals, fortified	1 ounce	+ +
FRUITS		
Banana, raw	1 medium	+ +
Prunes, dried, cooked, unsweetened	½ cup	+
Prune juice, unsweetened	½ cup	+
Watermelon, raw	About 1¾ cups diced	+
VEGETABLES		
Plantain, green or ripe, boiled	1 medium	+ +
Potato, baked or boiled, with skin	1 medium	+
Spinach, cooked	½ cup	+
Sweetpotato, baked or boiled	1 medium	+
Tomato juice, tomato-juice cocktail, or tomato-vegetable juice cocktail; canned	¾ cup	+
MEAT, POULTRY, FISH, AND ALTERNATES		
Meat and Poultry		
Beef:		
Brisket, braised, lean only	3 ounces	+
Ground; extra lean, lean, or regular; baked or broiled	1 patty	+
Pot roast, braised, lean only	3 ounces	+
Roast, rib, roasted, lean only	3 ounces	+
Shortribs, braised, lean only	3 ounces	+
Steak; baked, broiled, or braised; lean only	3 ounces	+
Stew meat, simmered, lean only	3 ounces	+
Chicken, without skin:		
Breast:		
Broiled	½ breast	+
Roasted	½ breast	+ +
Leg (thigh and drumstick), broiled or roasted	1 leg	+
Cornish hen, roasted, without skin	½ hen	+ +
Ham, fresh, roasted, lean only	3 ounces	+
Liver, braised:		
Beef	3 ounces	+ +
Calf or pork	3 ounces	+
Chicken	½ cup	+
Pork, lean only:		
Chop, baked or broiled	1 chop	+
Roast, loin, roasted	3 ounces	+
Turkey, light or dark meat, roasted, without skin	3 ounces	+
Veal, chop, braised, lean only	1 chop	+
Fish and Seafood		
Cod, croaker, haddock, mackerel, ocean perch, porgy, or sea bass; baked or broiled	3 ounces	+
Mackerel, canned, drained	3 ounces	+
Mullet or trout, baked or broiled	3 ounces	+
Salmon, canned, drained	3 ounces	+
Swordfish steak, baked or broiled	3 ounces	+

[1]A selected serving size contains—

+ 10-24 percent of the U.S. RDA for adults and children over 4 years of age
+ + 25-39 percent of the U.S. RDA for adults and children over 4 years of age
+ + + 40 percent or more of the U.S. RDA for adults and children over 4 years of age

[2]See section on fortified foods.

EATING RIGHT
THE DIETARY GUIDELINES WAY

GOOD SOURCES OF NUTRIENTS

VITAMIN B-12

This is one in a series of fact sheets containing information to help you select foods that provide adequate daily amounts of vitamins, minerals, and dietary fiber as you follow the Dietary Guidelines for Americans. The Guidelines are—

- *Eat a Variety of Foods*
- *Maintain Desirable Weight*
- *Avoid Too Much Fat, Saturated Fat, and Cholesterol*
- *Eat Foods with Adequate Starch and Fiber*
- *Avoid Too Much Sugar*
- *Avoid Too Much Sodium*
- *If You Drink Alcoholic Beverages, Do So in Moderation*

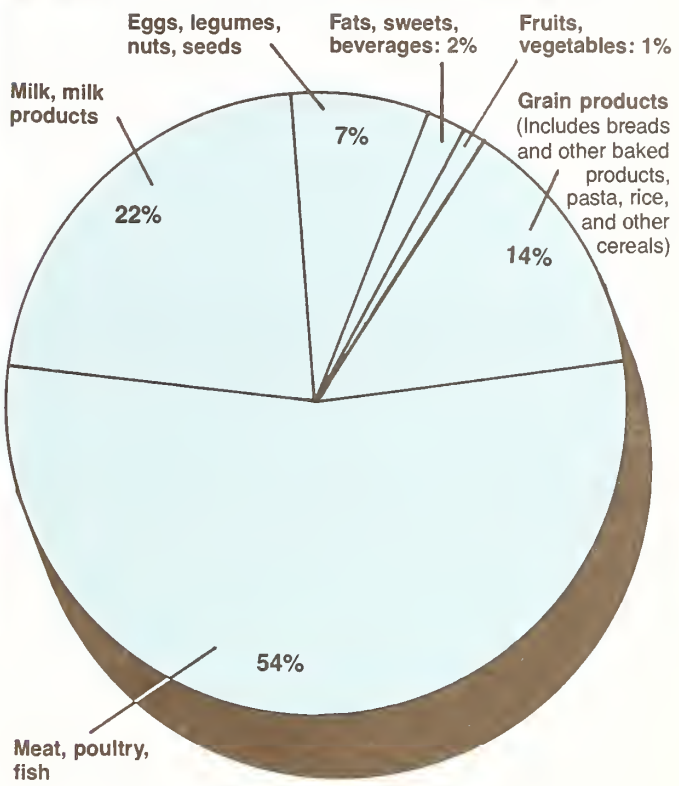
What Is Meant By A Good Food Source?

A good food source of vitamin B-12 contains a substantial amount of vitamin B-12 in relation to its calorie content and contributes at least 10 percent of the U.S. Recommended Daily Allowance (U.S. RDA) for vitamin B-12 in a selected serving size. The U.S. RDA for vitamin B-12 is 6 micrograms per day.[1]

The U.S. RDA for vitamin B-12 is the amount of the vitamin used as a standard in nutrition labeling of foods. This allowance is based on the 1968 Recommended Dietary Allowances (RDA) for 24 sex-age categories set by the Food and Nutrition Board of the National Academy of Sciences. The 1989 RDA has been set at 2 micrograms per day for both women and men 19 to 50 years of age.

[1]The U.S. RDA given is for adults (except pregnant or lactating women) and children over 4 years of age.

Where Do Women Get Vitamin B-12?[1]



Source: U.S. Department of Agriculture, Human Nutrition Information Service. Unpublished data from 1985 and 1986. Continuing Survey of Food Intakes by Individuals, 4 days.

[1]Women 19-50 years of age.

As you can see, in 1985 and 1986, 54 percent of the vitamin B-12 in the diets of women came from meat, poultry, and fish and 22 percent came from milk and milk products. Although grain products contributed 14 percent of the vitamin B-12 consumed by women, the B-12 in these products was provided by the meat, poultry, fish, eggs, and milk they may contain. Likewise, the vitamin B-12 contributed by vegetables and fruits, legumes, nuts, and seeds, and by fats, sweets, and beverages comes from added animal products. Vitamin B-12 is found only

in animal products. Foods that contain small amounts of vitamin B-12 but are not considered good sources can contribute significant amounts of vitamin B-12 to an individual's diet if these foods are eaten often or in large amounts.

Why Do We Need Vitamin B-12?

Vitamin B-12, a water-soluble vitamin, aids in forming red blood cells and in building genetic material. Vitamin B-12 also helps in the functioning of the nervous system and in metabolizing protein and fat in the body.

Do We Get Enough Vitamin B-12?

According to recent USDA surveys, the majority of Americans met their RDA for vitamin B-12.

How Can We Get Enough Vitamin B-12?

Eating a variety of foods that contain vitamin B-12 is the best way to get an adequate amount. Healthy individuals who eat a balanced diet rarely need supplements. However, vegetarians who do not eat any animal products may need a supplemental source of vitamin B-12. The list of foods will help you select those that are good sources of vitamin B-12 as you follow the Dietary Guidelines. The list of good sources was derived from the same nutritive value of foods tables used to analyze information for recent food consumption surveys of the U.S. Department of Agriculture, Human Nutrition Information Service.

How To Prepare Foods To Retain Vitamin B-12

Some vitamin B-12 can be lost from foods during cooking. To retain vitamin B-12, roast or broil meat or fish.

What Is a Serving?

The serving sizes used on the list of good sources are only estimates of the amounts of food you might eat. The amounts eaten of some meats may be easier to estimate by the piece rather than by weight. For example, the selected serving size for lamb is 1 chop weighing 2-3/4 ounces, 1 patty weighing 3-1/4 ounces, or 3 ounces of roast shoulder.

What Are Good Sources Of Vitamin B-12?

Food	Selected Serving Size	Percentage of U.S. RDA[1]
MEAT, POULTRY, FISH, AND ALTERNATES		
Meat and Poultry		
Beef:		
Brisket, braised, lean only	3 ounces	+ +
Ground, baked or broiled:		
Extra lean	1 patty	+ + +
Lean or regular	1 patty	+ +
Pot roast, braised, lean only	3 ounces	+ +
Roast, rib, roasted, lean only	3 ounces	+ +
Shortribs, braised, lean only	3 ounces	+ + +
Steak, lean only:		
Baked or broiled	3 ounces	+ + +
Braised	3 ounces	+ +
Stew meat, simmered, lean only	3 ounces	+ +
Frankfurter, beef	1	+
Lamb:		
Chop, shoulder; braised, broiled, or baked; lean only	1 chop	+ + +
Ground, cooked	1 patty	+ +
Roast, shoulder, roasted, lean only	3 ounces	+ +
Liver, braised:		
Beef, calf, or pork	3 ounces	+ + +
Chicken or turkey	½ cup diced	+ + +
Liverwurst	1 ounce	+ + +
Pork, lean only:		
Chop, baked or broiled	1 chop	+
Roast, loin, roasted	3 ounces	+
Tongue, braised	3 ounces	+ + +
Veal, roast, leg, roasted, lean only	3 ounces	+ +
Fish and Seafood		
Carp, cod, flounder, haddock, ocean perch, pompano, or porgy; baked or broiled	3 ounces	+
Catfish, perch, pike, or whiting; baked or broiled	3 ounces	+ +
Clams; steamed, boiled, or canned; drained	3 ounces	+ + +
Crabmeat, steamed	3 ounces	+ + +
Croaker, baked or broiled	3 ounces	+ + +
Lobster, steamed or boiled	3 ounces	+ + +
Mackerel; baked, broiled, or canned; drained	3 ounces	+ + +
Mussels, steamed, boiled, or poached	3 ounces	+ + +
Oysters:		
Baked, broiled, or steamed	3 ounces	+ + +
Canned, undrained	3 ounces	+ + +
Salmon:		
Baked or broiled	3 ounces	+ +
Steamed, poached, or canned; drained	3 ounces	+ + +
Scallops:		
Baked or broiled	3 ounces	+
Boiled or steamed	3 ounces	+
Shrimp; broiled, steamed, boiled, or canned; drained	3 ounces	+
Swordfish steak, baked or broiled	3 ounces	+ +
Trout, baked or broiled	3 ounces	+ + +
Tuna, canned, drained	3 ounces	+ +
Eggs		
Egg, whole, cooked	1 large egg	+
MILK, CHEESE, AND YOGURT		
Cottage cheese, regular or lowfat	½ cup	+
Ice milk, soft-serve, not chocolate	½ cup	+
Milk; whole, lowfat, or skim	1 cup	+
Yogurt:		
Flavored or fruit, made with whole or lowfat milk	8 ounces	+
Frozen	8 ounces	+
Plain:		
Made with whole milk	8 ounces	+
Made with lowfat or nonfat milk	8 ounces	+

[1] A selected serving size contains—

+ 10-24 percent of the U.S. RDA for adults and children over 4 years of age
+ + 25-39 percent of the U.S. RDA for adults and children over 4 years of age
+ + + 40 percent or more of the U.S. RDA for adults and children over 4 years of age

EATING RIGHT
THE DIETARY GUIDELINES WAY

GOOD SOURCES OF NUTRIENTS

FOLATE
(Folacin, Folic Acid)

This is one in a series of fact sheets containing information to help you select foods that provide adequate daily amounts of vitamins, minerals, and dietary fiber as you follow the Dietary Guidelines for Americans. The Guidelines are—

- *Eat a Variety of Foods*
- *Maintain Desirable Weight*
- *Avoid Too Much Fat, Saturated Fat, and Cholesterol*
- *Eat Foods with Adequate Starch and Fiber*
- *Avoid Too Much Sugar*
- *Avoid Too Much Sodium*
- *If You Drink Alcoholic Beverages, Do So in Moderation*

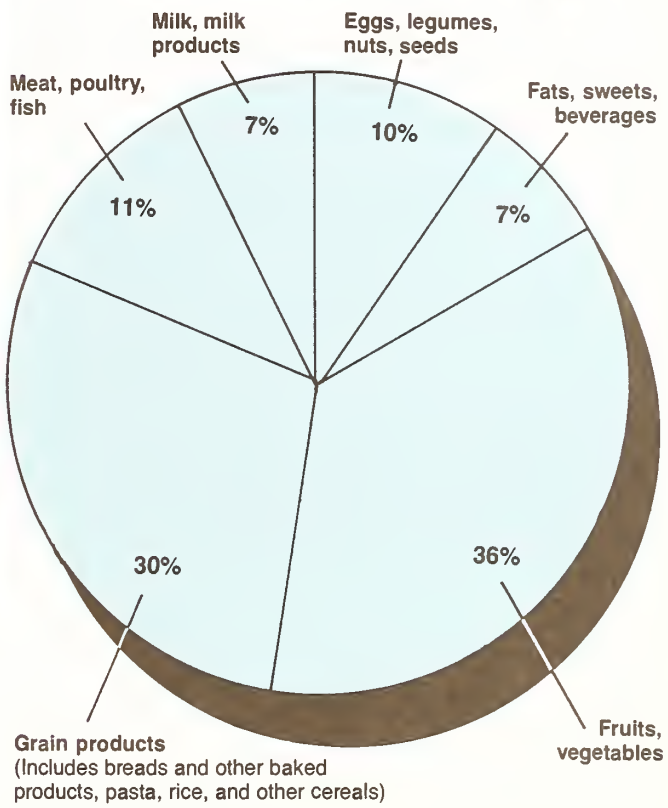
What Is Meant By a Good Food Source?

A good food source of folate contains a substantial amount of folate in relation to its calorie content and contributes at least 10 percent of the U.S. Recommended Dietary Allowance (U.S. RDA) for folate in a selected serving size. The U.S. RDA for folate is 400 micrograms per day.[1]

The U.S. RDA for folate is the amount of the vitamin used as a standard in nutrition labeling of foods. This allowance is based on the 1968 Recommended Dietary Allowances (RDA) for 24 sex-age categories set by the Food and Nutrition Board of the National Academy of Sciences. The 1989 RDA has been set at 180 micrograms per day for women 19 to 50 years of age and 200 micrograms for men 19 to 50 years of age.

[1]The U.S. RDA given is for adults (except pregnant or lactating women) and children over 4 years of age.

Where Do Women Get Folate?[1]



Source: U.S. Department of Agriculture, Human Nutrition Information Service. Unpublished data from 1985 and 1986. Continuing Survey of Food Intakes by Individuals, 4 days.

[1]Women 19-50 years of age. The percentages provided by the various food groups may not add up to 100 because of rounding.

As you can see, in 1985 and 1986, over one-third of the folate in the diets of women was provided by fruits and vegetables. Of this group, citrus fruits and tomatoes and vegetables—other than dark-green or deep-yellow vegetables or potatoes—contributed the most to folate intakes. Grain products were also important sources. Foods that contain small amounts of folate but are not considered good sources can contribute significant amounts of folate to an individual's diet if these foods are eaten often or in large amounts.

Why Do We Need Folate?

Folate, a water-soluble vitamin, helps the body form red blood cells and aids in the formation of genetic material within every body cell.

Do We Get Enough Folate?

According to recent USDA surveys, the average intake of folate by women and men 19 to 50 years of age met their RDA for folate.

How Can We Get Enough Folate?

Eating a variety of foods that contain folate is the best way to get an adequate amount. Healthy individuals who eat a balanced diet rarely need supplements. The list of foods will help you select those that are good sources of folate as you follow the Dietary Guidelines. The list of good sources was derived from the same nutritive value of foods tables used to analyze information for recent food consumption surveys of the U.S. Department of Agriculture, Human Nutrition Information Service.

How To Prepare Foods To Retain Folate

Folate can be lost from foods during preparation, cooking, or storage. To retain folate:

- Serve fruits and vegetables raw whenever possible.
- Steam, boil, or simmer vegetables in a minimal amount of water.
- Store vegetables in the refrigerator.

What About Fortified Foods?

Most ready-to-eat cereals are fortified with folate. Fortified ready-to-eat cereals usually contain at least 25 percent of the U.S. RDA for folate. Since cereals vary, check the label on the package for the percentage of the U.S. RDA for a specific cereal.

What Is a Serving?

The serving sizes used on the list of good sources are only estimates of the amounts of food you might eat. The amount of nutrient in a serving depends on the weight of the serving. For example, 1/2 cup of a cooked vegetable contains more folate than a 1/2 cup serving of the same vegetable served raw, because a serving of cooked vegetable weighs more. Therefore, the cooked vegetable may appear on the list while the raw form does not. The raw vegetable provides the nutrient—but just not enough in a 1/2-cup serving to be considered a good source.

What Are Good Sources Of Folate?

Food	Selected Serving Size	Percentage of U.S. RDA[1]
BREADS, CEREALS, AND OTHER GRAIN PRODUCTS		
English muffin, whole-wheat	1	+
Pita bread, whole-wheat	1 small	+
Ready-to-eat cereals, fortified[2]	1 ounce	+ +
Wheat germ, plain	2 tablespoons	+
FRUITS		
Grapefruit and orange juice, frozen, reconstituted	¾ cup	+
Orange juice:		
Fresh	¾ cup	+
Frozen, reconstituted	¾ cup	+
VEGETABLES		
Artichoke, globe (french), cooked	1 medium	+
Asparagus, cooked	½ cup	+
Beets, cooked	½ cup	+
Broccoli, cooked	½ cup	+
Brussels sprouts, cooked	½ cup	+
Cauliflower, cooked	½ cup	+
Chinese cabbage, cooked	½ cup	+
Corn, cream style, cooked	½ cup	+
Endive, chicory, escarole, or romaine; raw	1 cup	+
Mustard greens, cooked	½ cup	+
Okra, cooked	½ cup	+
Parsnips, cooked	½ cup	+
Peas, green, cooked	½ cup	+
Spinach:		
Cooked	½ cup	+ +
Raw	1 cup	+
Turnip greens, cooked	½ cup	+

Food	Selected Serving Size	Percentage of U.S. RDA[1]
MEAT, POULTRY, FISH, AND ALTERNATES		
Meat and Poultry		
Liver, braised:		
Beef or calf	3 ounces	+ + +
Pork	3 ounces	+ +
Chicken or turkey	½ cup diced	+ + +
Fish and Seafood		
Crabmeat, steamed	3 ounces	+
Dry Beans, Peas, and Lentils		
Beans, cooked:		
Bayo, black, brown, calico, chickpeas (garbanzo beans), lima, mexican, pinto, or white	½ cup	+
Black-eyed peas (cowpeas)	½ cup	+ + +
Red kidney	½ cup	+ +
Lentils, cooked	½ cup	+ + +
Peas, split, green or yellow, cooked	½ cup	+

[1]A selected serving size contains—

+ 10-24 percent of the U.S. RDA for adults and children over 4 years of age
+ + 25-39 percent of the U.S. RDA for adults and children over 4 years of age
+ + + 40 percent or more of the U.S. RDA for adults and children over 4 years of age

[2]See section on fortified foods.

EATING RIGHT
THE DIETARY GUIDELINES WAY

GOOD SOURCES OF NUTRIENTS

THIAMIN

This is one in a series of fact sheets containing information to help you select foods that provide adequate daily amounts of vitamins, minerals, and dietary fiber as you follow the Dietary Guidelines for Americans. The Guidelines are—

- *Eat a Variety of Foods*
- *Maintain Desirable Weight*
- *Avoid Too Much Fat, Saturated Fat, and Cholesterol*
- *Eat Foods with Adequate Starch and Fiber*
- *Avoid Too Much Sugar*
- *Avoid Too Much Sodium*
- *If You Drink Alcoholic Beverages, Do So in Moderation*

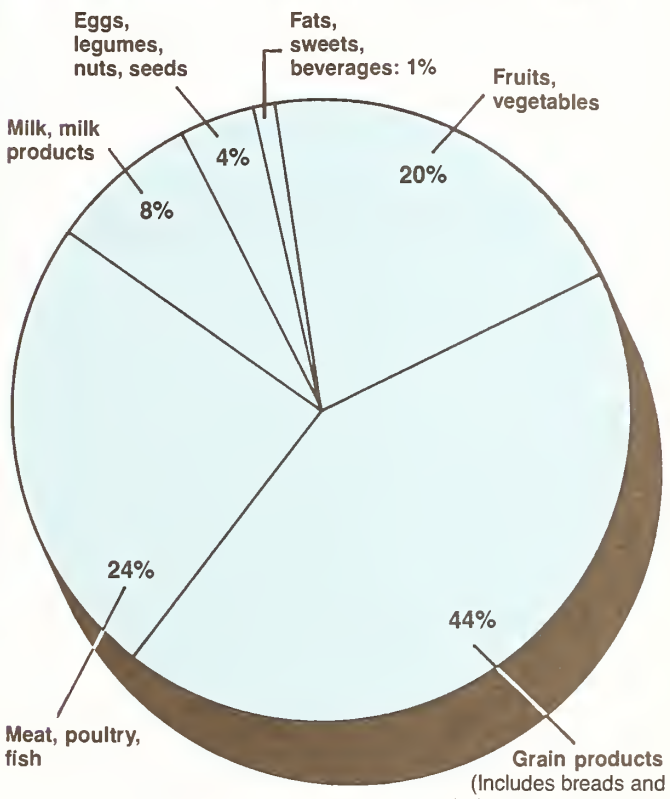
What Is Meant By a Good Food Source?

A good food source of thiamin contains a substantial amount of thiamin in relation to its calorie content and contributes at least 10 percent of the U.S. Recommended Daily Allowance (U.S. RDA) for thiamin in a selected serving size. The U.S. RDA for thiamin is 1.5 milligrams per day.[1]

The U.S. RDA for thiamin is the amount of the vitamin used as a standard in nutrition labeling of foods. This allowance is based on the 1968 Recommended Dietary Allowances (RDA) for 24 sex-age categories set by the Food and Nutrition Board of the National Academy of Sciences. The 1989 RDA has been set at 1.1 milligrams per day for women 19 to 50 years of age and 1.5 milligrams for men 19 to 50 years of age.

[1]The U.S. RDA given is for adults (except pregnant or lactating women) and children over 4 years of age.

Where Do Women Get Thiamin?[1]



Source: U.S. Department of Agriculture, Human Nutrition Information Service. Unpublished data from 1985 and 1986. Continuing Survey of Food Intakes by Individuals, 4 days.

[1]Women 19-50 years of age. The percentages provided by the various food groups may not add up to 100 because of rounding.

As you can see, in 1985 and 1986, grain products—including breads, cereals, pasta, and rice—supplied 44 percent of the thiamin in the diets of women. Other food groups providing considerable thiamin were meat, poultry, and fish (24 percent) and fruits and vegetables (20 percent). Foods that contain small amounts of thiamin but are not considered good sources can contribute significant amounts of thiamin to an individual's diet if these foods are eaten often or in large amounts.

Why Do We Need Thiamin?

Thiamin, a water-soluble vitamin, helps the body release energy from carbohydrates during metabolism. Thus, persons who expend more energy and have a higher intake of calories need more thiamin than those who eat fewer calories. Thiamin also plays a vital role in the normal functioning of the nervous system.

Do We Get Enough Thiamin?

According to recent USDA surveys, men 19 to 50 years of age met their RDA for thiamin. The average intake by women of the same age was slightly below the RDA.

How Can We Get Enough Thiamin?

Eating a variety of foods that contain thiamin is the best way to get an adequate amount. Healthy individuals who eat a balanced diet rarely need supplements. The list of foods will help you select those that are good sources of thiamin as you follow the Dietary Guidelines. The list of good sources was derived from the same nutritive value of foods tables used to analyze information for recent food consumption surveys of the U.S. Department of Agriculture, Human Nutrition Information Service.

How To Prepare Foods To Retain Thiamin

Some thiamin can be lost from foods during preparation and cooking because thiamin may be dissolved in the cooking liquid. Storage losses are small. To retain thiamin:

- Use enriched or whole-grain pasta or rice and do not wash before cooking or rinse after cooking.
- Cook vegetables in a minimal amount of water.
- Roast meat at a moderate temperature and cook only until it is done—overcooking at a high temperature destroys thiamin.

What About Enriched Or Fortified Foods?

Pasta and most breads made from refined flours are enriched with thiamin because thiamin is one of the nutrients lost in processing. Other nutrients added to refined flours and pasta are iron, niacin, and riboflavin. Enriched products or products made from enriched flour are labeled as such.

Most ready-to-eat and instant-prepared cereals are fortified with thiamin. Fortified ready-to-eat cereals usually contain at least 25 percent of the U.S. RDA for thiamin. Since cereals vary, check the label on the package for the percentage of the U.S. RDA for a specific cereal.

What Is a Serving?

The serving sizes used on the list of good sources are only estimates of the amounts of food you might eat. The amounts eaten of some meats may be easier to estimate by the piece rather than by weight. For example, a selected serving size for pork is 1 chop, weighing about 2-1/2 ounces, or 3 ounces of pork depending on the cut.

What Are Good Sources Of Thiamin?

Food	Selected Serving Size	Percentage of U.S. RDA[1]
BREADS, CEREALS, AND OTHER GRAIN PRODUCTS[2]		
Bagel, plain, pumpernickel, or whole-wheat	1 medium	+
Bread, raisin, rye, or white	2 slices	+
Cornbread	1 piece, 2½ inches square	+
Farina, regular or quick, cooked	⅔ cup	+
English muffin, plain, plain with raisins, or whole-wheat	1	+
Grits, corn or hominy, regular or instant, cooked	⅔ cup	+
Macaroni, noodles, or spaghetti, cooked	1 cup	+
Oatmeal:		
Instant, fortified, prepared	⅔ cup	+ +
Regular or quick, cooked	⅔ cup	+
Pita bread, plain or whole-wheat	1 small	+
Pretzel, soft	1	+
Ready-to-eat cereals, fortified	1 ounce	+ +
Rice, white, cooked	⅔ cup	+
Rolls:		
Hamburger or frankfurter	1	+
White, hard	1 medium	+
Waffles, plain	2 4-inch squares	+
Wheat germ, plain	2 tablespoons	+
FRUITS		
Melon balls (cantaloup and honeydew), frozen, unsweetened	½ cup	+
Orange juice, fresh	¾ cup	+
Watermelon, raw	About 1¾ cups diced	+
VEGETABLES		
Corn, cooked	½ cup	+
Jerusalem artichoke, raw	½ cup	+
Peas, green, cooked	½ cup	+
Peas and carrots, cooked	½ cup	+

Food	Selected Serving Size	Percentage of U.S. RDA[1]
MEAT, POULTRY, FISH, AND ALTERNATES		
Meat and Poultry		
Ham, roasted, lean only:		
Fresh	3 ounces	+ +
Smoked or cured	3 ounces	+ + +
Liver, beef or pork, braised	3 ounces	+
Pork:		
Chop, baked or broiled, lean only	1 chop	+ + +
Ground, cooked	3 ounces	+ +
Roast, loin, roasted, lean only	3 ounces	+ + +
Steak or cutlet, baked or broiled, lean only	3 ounces	+ + +
Fish and Seafood		
Mackerel or salmon, baked or broiled	3 ounces	+
Mussels, steamed, boiled, or poached	3 ounces	+
Oysters:		
Steamed	3 ounces	+
Canned, undrained	3 ounces	+
Pompano, baked or broiled	3 ounces	+ +
Dry Beans, Peas, and Lentils		
Peas, split, green or yellow, cooked	½ cup	+
Nuts and Seeds		
Brazil nuts	2 tablespoons	+
Pine nuts (pignolias)	2 tablespoons	+
Sunflower seeds, hulled, unroasted	2 tablespoons	+ +

[1]A selected serving size contains—

+	10-24 percent of the U.S. RDA for adults and children over 4 years of age
+ +	25-39 percent of the U.S. RDA for adults and children over 4 years of age
+ + +	40 percent or more of the U.S. RDA for adults and children over 4 years of age

[2]Breads, pasta, cereals, and grits listed are enriched unless otherwise noted. See section on enriched or fortified foods.

EATING RIGHT
THE DIETARY GUIDELINES WAY

GOOD SOURCES OF NUTRIENTS

RIBOFLAVIN

This is one in a series of fact sheets containing information to help you select foods that provide adequate daily amounts of vitamins, minerals, and dietary fiber as you follow the Dietary Guidelines for Americans. The Guidelines are—

- *Eat a Variety of Foods*
- *Maintain Desirable Weight*
- *Avoid Too Much Fat, Saturated Fat, and Cholesterol*
- *Eat Foods with Adequate Starch and Fiber*
- *Avoid Too Much Sugar*
- *Avoid Too Much Sodium*
- *If You Drink Alcoholic Beverages, Do So in Moderation*

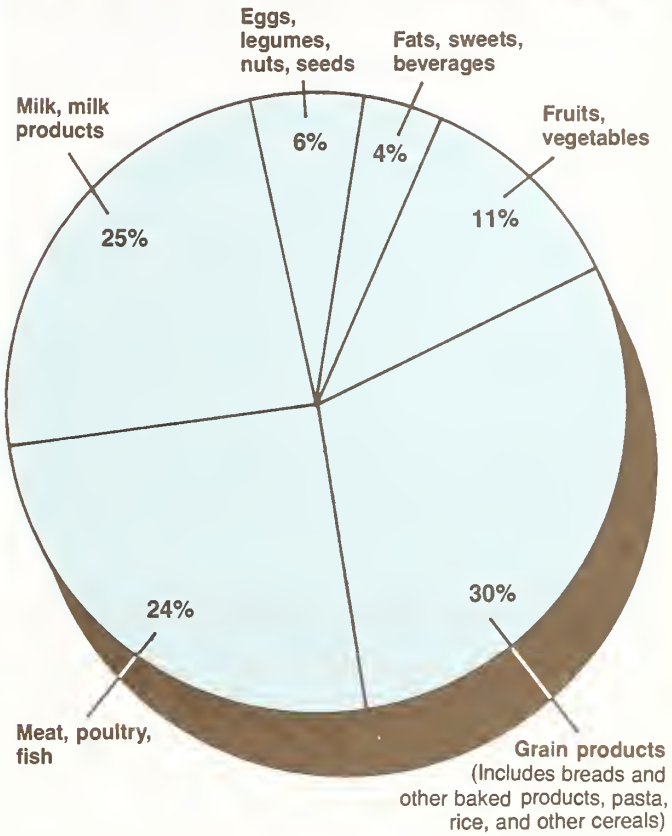
What Is Meant By a Good Food Source?

A good food source of riboflavin contains a substantial amount of riboflavin in relation to its calorie content and contributes at least 10 percent of the U.S. Recommended Daily Allowance (U.S. RDA) for riboflavin in a selected serving size. The U.S. RDA for riboflavin is 1.7 milligrams per day.[1]

The U.S. RDA for riboflavin is the amount of the vitamin used as a standard in nutrition labeling of foods. This allowance is based on the 1968 Recommended Dietary Allowances (RDA) for 24 sex-age categories set by the Food and Nutrition Board of the National Academy of Sciences. The 1989 RDA has been set at 1.3 milligrams per day for women 19 to 50 years of age and 1.7 milligrams for men 19 to 50 years of age.

[1]The U.S. RDA given is for adults (except pregnant or lactating women) and children over 4 years of age.

Where Do Women Get Riboflavin?[1]



Source: U.S. Department of Agriculture, Human Nutrition Information Service. Unpublished data from 1985 and 1986. Continuing Survey of Food Intakes by Individuals, 4 days.

[1]Women 19-50 years of age.

As you can see, in 1985 and 1986, 30 percent of the riboflavin in the diets of women came from grain products such as breads and cereals. Milk and milk products supplied about 25 percent and meat, poultry, and fish provided about 24 percent. Foods that contain small amounts of riboflavin but are not considered good sources can contribute significant amounts of riboflavin to an individual's diet if these foods are eaten often or in large amounts.

Why Do We Need Riboflavin?

Riboflavin, a water-soluble vitamin, helps the body release energy from protein, fat, and carbohydrates during metabolism.

Do We Get Enough Riboflavin?

According to recent USDA surveys, the intake of riboflavin by American women and men 19 to 50 years of age averaged above the RDA.

How Can We Get Enough Riboflavin?

Eating a variety of foods that contain riboflavin is the best way to get an adequate amount. Healthy individuals who eat a balanced diet rarely need supplements. The list of foods will help you select those that are good sources of riboflavin as you follow the Dietary Guidelines. The list of good sources was derived from the same nutritive value of foods tables used to analyze information for recent food consumption surveys of the U.S. Department of Agriculture, Human Nutrition Information Service.

How To Prepare Foods To Retain Riboflavin

Riboflavin can be lost from foods during storage and cooking. To retain riboflavin:

- Store foods in containers through which light cannot pass.
- Cook vegetables in a minimal amount of water.
- Roast or broil meat.

What About Enriched Or Fortified Foods?

Pasta and most breads made from refined flours are enriched with riboflavin because riboflavin is one of the nutrients lost in processing. Other nutrients added to refined flours and pasta are iron, thiamin, and niacin. Enriched products or products made from enriched flour are labeled as such.

Most ready-to-eat and instant-prepared cereals are fortified with riboflavin. Fortified, ready-to-eat cereals usually contain at least 25 percent of the U.S. RDA for riboflavin. Since cereals vary, check the label on the package for the percentage of the U.S. RDA for a specific cereal.

What Is a Serving?

The serving sizes used on the list of good sources are only estimates of the amounts of food you might eat. The amount of nutrient in a serving depends on the weight of the serving. For example, the edible part of a cooked chicken leg (thigh and drumstick) weighs more than the edible part of a cooked chicken breast half. Therefore, the chicken leg appears on the list while the chicken breast half does not. The chicken breast half provides the nutrient—but just not enough to be considered a good source.

What Are Good Sources Of Riboflavin?

Food	Selected Serving Size	Percentage of U.S. RDA[1]
BREADS, CEREALS, AND OTHER GRAIN PRODUCTS[2]		
Bagel, plain, pumpernickel, or whole-wheat	1 medium	+
English muffin, plain	1	+
Multigrain cereal, cooked	⅔ cup	+
Oatmeal, instant, fortified, prepared	⅔ cup	+
Pancakes, plain	2 4-inch pancakes	+
Pita bread, plain	1 small	+
Ready-to-eat cereals, fortified	1 ounce	+ +
Waffles, plain or bran	2 4-inch squares	+
VEGETABLES		
Broccoli, cooked	½ cup	+
Mushrooms, cooked	½ cup	+
Spinach, cooked	½ cup	+
Sweetpotato, boiled	1 medium	+
MEAT, POULTRY, FISH, AND ALTERNATES		
Meat and Poultry		
Beef:		
Ground, extra lean or lean, baked or broiled	1 patty	+
Steak, baked or broiled, lean only	3 ounces	+
Stew meat, simmered, lean only	3 ounces	+
Chicken leg (thigh and drumstick), broiled or roasted without skin	1 leg	+
Cornish hen, roasted, without skin	½ hen	+
Ham, fresh, roasted, lean only	3 ounces	+
Lamb, lean only:		
Chop, shoulder; braised, broiled, or baked	1 chop	+
Roast, shoulder, roasted	3 ounces	+
Liver, braised:		
Beef, calf, or pork	3 ounces	+ + +
Chicken or turkey	½ cup diced	+ + +
Liverwurst	1 ounce	+ +
Pork, lean only:		
Chop, baked or broiled	1 chop	+
Roast, loin or shoulder, roasted	3 ounces	+
Tongue, braised	3 ounces	+
Turkey, dark meat, roasted, without skin	3 ounces	+
Veal, roast, leg, roasted, lean only	3 ounces	+
Fish and Seafood		
Clams; steamed, boiled, or canned; drained	3 ounces	+
Mackerel or trout, baked or broiled	3 ounces	+
Mackerel, canned, drained	3 ounces	+
Mussels, steamed, boiled, or poached	3 ounces	+
Oysters, canned, undrained	3 ounces	+
Nuts and Seeds		
Almonds, roasted	2 tablespoons	+
MILK, CHEESE, AND YOGURT		
Cheese:		
Cottage, regular or lowfat	½ cup	+
Feta	1 ounce	+
Ice milk, soft-serve, not chocolate	½ cup	+
Milk:		
Buttermilk	1 cup	+
Chocolate	1 cup	+
Evaporated, whole or skim, diluted	1 cup	+
Whole, lowfat, or skim	1 cup	+
Yogurt:		
Frozen	8 ounces	+
Plain:		
Made with whole milk	8 ounces	+
Made with lowfat or nonfat milk	8 ounces	+ +

[1]A selected serving size contains—
+ 10-24 percent of the U.S. RDA for adults and children over 4 years of age
+ + 25-39 percent of the U.S. RDA for adults and children over 4 years of age
+ + + 40 percent or more of the U.S. RDA for adults and children over 4 years of age

[2]Breads and cereals listed are enriched unless otherwise noted. See section on enriched or fortified foods.

EATING RIGHT
THE DIETARY GUIDELINES WAY

GOOD SOURCES OF NUTRIENTS

NIACIN

This is one in a series of fact sheets containing information to help you select foods that provide adequate daily amounts of vitamins, minerals, and dietary fiber as you follow the Dietary Guidelines for Americans. The Guidelines are—

- *Eat a Variety of Foods*
- *Maintain Desirable Weight*
- *Avoid Too Much Fat, Saturated Fat, and Cholesterol*
- *Eat Foods with Adequate Starch and Fiber*
- *Avoid Too Much Sugar*
- *Avoid Too Much Sodium*
- *If You Drink Alcoholic Beverages, Do So in Moderation*

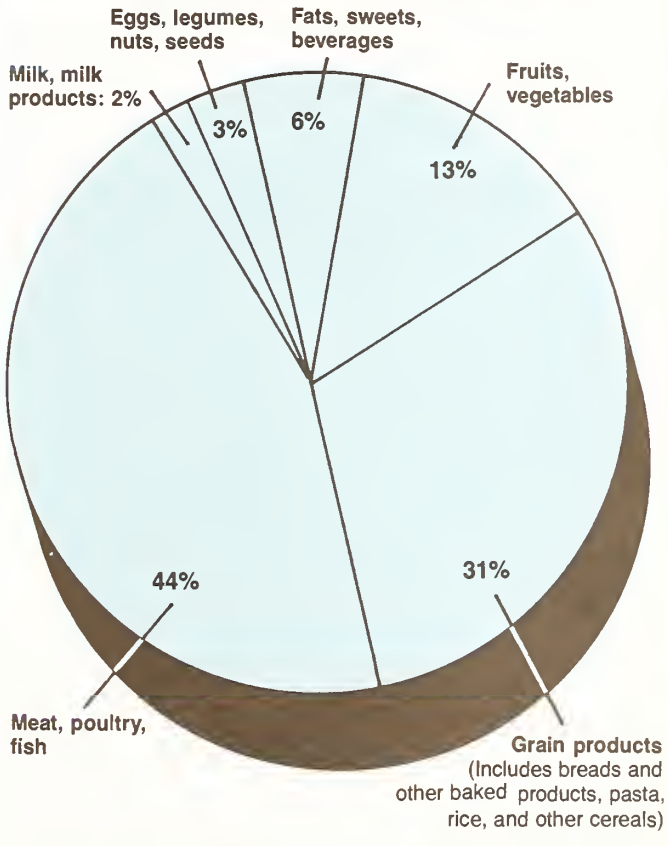
What Is Meant By a Good Food Source?

A good food source of niacin contains a substantial amount of niacin in relation to its calorie content and contributes at least 10 percent of the U.S. Recommended Daily Allowance (U.S. RDA) for niacin in a selected serving size. The U.S. RDA for niacin is 20 milligrams per day.[1]

The U.S. RDA for niacin is the amount of the vitamin used as a standard in nutrition labeling of foods. This allowance is based on the 1968 Recommended Dietary Allowances (RDA) for 24 sex-age categories set by the Food and Nutrition Board of the National Academy of Sciences. The 1989 RDA has been set at 15 milligrams per day for women 19 to 50 years of age and 19 milligrams for men 19 to 50 years of age.

[1]The U.S. RDA given is for adults (except pregnant or lactating women) and children over 4 years of age.

Where Do Women Get Niacin?[1]



Source: U.S. Department of Agriculture, Human Nutrition Information Service. Unpublished data from 1985 and 1986. Continuing Survey of Food Intakes by Individuals, 4 days.

[1]Women 19-50 years of age. The percentages provided by the various food groups may not add up to 100 because of rounding.

As you can see, in 1985 and 1986, 44 percent of the niacin in the diets of women came from meat, poultry, and fish. Grain products such as breads and cereals supplied about 31 percent of the niacin consumed. Foods that contain small amounts of niacin but are not considered good sources can contribute significant amounts of niacin to an individual's diet if these foods are eaten often or in large amounts.

Why Do We Need Niacin?

Niacin, a water-soluble vitamin, helps the body release energy from protein, fat, and carbohydrate during metabolism.

Do We Get Enough Niacin?

According to recent USDA surveys, the intake of niacin by American women and men 19 to 50 years of age averaged above the RDA.

Niacin can be formed in the body from tryptophan, an essential amino acid found in meat, poultry, fish, and eggs. Therefore, if your diet contains these foods, your need for niacin from other sources will be reduced.

How Can We Get Enough Niacin?

Eating a variety of foods that contain niacin is the best way to get an adequate amount. Healthy individuals who eat a balanced diet rarely need supplements. The list of foods will help you select those that are good sources of niacin as you follow the Dietary Guidelines. The list of good sources was derived from the same nutritive value of foods tables used to analyze information for recent food consumption surveys of the U.S. Department of Agriculture, Human Nutrition Information Service.

How To Prepare Foods To Retain Niacin

Niacin is fairly stable, but some niacin can be lost during cooking as it dissolves in the cooking liquid. Losses in preparation and storage are slight. To retain niacin:

- Cook vegetables in a minimal amount of water.
- Roast or broil beef, veal, lamb, and poultry. (Pork keeps about the same amount of niacin regardless of cooking method.)

What About Enriched Or Fortified Foods?

Pasta and most breads made from refined flours are enriched with niacin because niacin is one of the nutrients lost in processing. Other nutrients added to refined flours and pasta are iron, thiamin, and riboflavin. Enriched products or products made from enriched flour are labeled as such.

Most ready-to-eat and instant-prepared cereals are fortified with niacin. Fortified ready-to-eat cereals usually contain at least 25 percent of the U.S. RDA for niacin. Since cereals vary, check the label on the package for the percentage of the U.S. RDA for a specific cereal.

What Is a Serving?

The serving sizes used on the list of good sources are only estimates of the amounts of food you might eat. The amount of nutrient in a serving depends on the weight of the serving. For example, 3 ounces of cooked lean pork loin roast contains more niacin than a cooked pork chop, because the chop has less than 3 ounces of lean meat. Therefore, a serving of the pork loin roast has 25 percent of the U.S. RDA while the pork chop has less than 20 percent.

What Are Good Sources Of Niacin?

Food	Selected Serving Size	Percentage of U.S. RDA[1]
BREADS, CEREALS, AND OTHER GRAIN PRODUCTS[2]		
Bagel, plain or whole-wheat	1 medium	+
Bulgur, cooked or canned	⅔ cup	+
English muffin, plain or whole-wheat	1	+
Muffin, bran	1 medium	+
Oatmeal, instant, fortified, prepared	⅔ cup	+
Pita bread, plain or whole-wheat	1 small	+
Pretzel, soft	1	+
Ready-to-eat cereals, fortified	1 ounce	+ +
Roll, hoagie or submarine	1	+
VEGETABLES		
Mushrooms, cooked	½ cup	+
Potato, boiled, with skin	1 medium	+
MEAT, POULTRY, FISH, AND ALTERNATES		
Meat and Poultry		
Beef:		
Brisket, braised, lean only	3 ounces	+
Ground; extra lean, lean, or regular; baked or broiled	1 patty	+
Roast, rib, roasted, lean only	3 ounces	+
Steak, baked or broiled, lean only	3 ounces	+
Stew meat, simmered, lean only	3 ounces	+
Chicken, without skin:		
Breast, broiled or roasted	½ breast	+ + +
Leg (thigh and drumstick), broiled or roasted	1 leg	+ +
Light or dark meat, broiled, roasted, or stewed	3 ounces	+ +
Cornish hen, roasted, without skin	½ hen	+ + +
Ham, roasted, lean only:		
Fresh	3 ounces	+
Smoked or cured	3 ounces	+
Lamb, lean only:		
Chop, shoulder; baked, braised, or broiled	1 chop	+ +
Roast, shoulder, roasted	3 ounces	+
Liver, braised:		
Beef, calf, or pork	3 ounces	+ +
Chicken	½ cup diced	+
Liverwurst	1 ounce	+
Pork, lean only:		
Chop, baked or broiled	1 chop	+
Roast, loin, roasted	3 ounces	+ +
Turkey:		
Ground, cooked	3 ounces	+
Light or dark meat, roasted, without skin	3 ounces	+
Veal, lean only:		
Chop, braised	1 chop	+ + +
Roast, leg, roasted	3 ounces	+ +
Fish and Seafood		
Catfish, flounder, haddock, pompano, or pike; baked or broiled	3 ounces	+
Crabmeat, steamed	3 ounces	+
Croaker, porgy, or trout; baked or broiled	3 ounces	+
Mackerel:		
Baked or broiled	3 ounces	+ + +
Canned, drained	3 ounces	+ +
Mullet, baked or broiled	3 ounces	+ +
Salmon:		
Baked, broiled, poached, or steamed	3 ounces	+ +
Canned, drained	3 ounces	+ +
Shrimp; boiled, broiled, steamed, or canned; drained	3 ounces	+
Swordfish steak, baked or broiled	3 ounces	+ + +
Tuna, canned, drained	3 ounces	+
Nuts and Seeds		
Peanuts, roasted or dry-roasted	2 tablespoons	+
Peanut butter	2 tablespoons	+

[1]A selected serving size contains—
+ 10-24 percent of the U.S. RDA for adults and children over 4 years of age
+ + 25-39 percent of the U.S. RDA for adults and children over 4 years of age
+ + + 40 percent or more of the U.S. RDA for adults and children over 4 years of age

[2]Breads and cereals listed are enriched unless otherwise noted. See section on enriched or fortified foods.

EATING RIGHT THE DIETARY GUIDELINES WAY

GOOD SOURCES OF NUTRIENTS

CALCIUM

This is one in a series of fact sheets containing information to help you select foods that provide adequate daily amounts of vitamins, minerals, and dietary fiber as you follow the Dietary Guidelines for Americans. The Guidelines are—

- *Eat a Variety of Foods*
- *Maintain Desirable Weight*
- *Avoid Too Much Fat, Saturated Fat, and Cholesterol*
- *Eat Foods with Adequate Starch and Fiber*
- *Avoid Too Much Sugar*
- *Avoid Too Much Sodium*
- *If You Drink Alcoholic Beverages, Do So in Moderation*

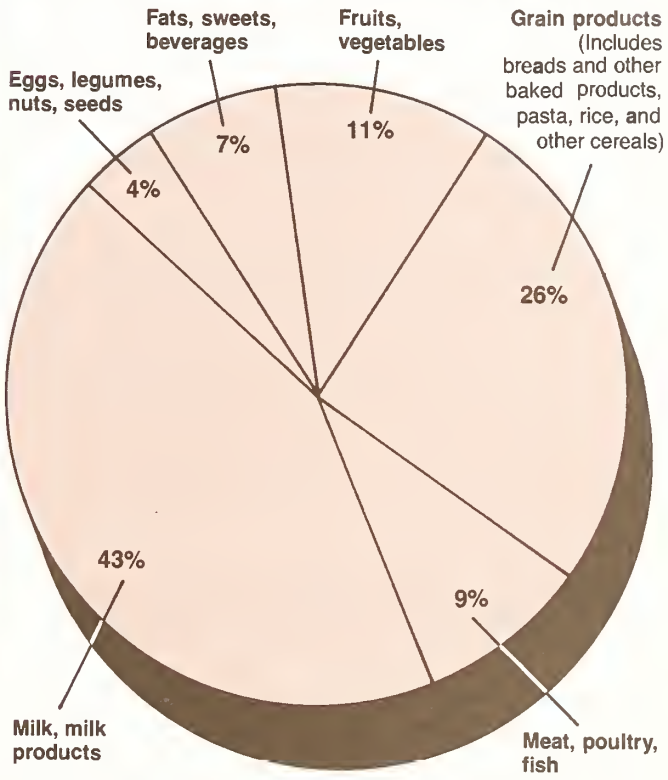
What Is Meant By a Good Food Source?

A good food source of calcium contains a substantial amount of calcium in relation to its calorie content and contributes at least 10 percent of the U.S. Recommended Dietary Allowance (U.S. RDA) for calcium in a selected serving size. The U.S. RDA for calcium is 1,000 milligrams per day.[1]

The U.S. RDA for calcium is the amount of the mineral used as a standard in nutrition labeling of foods. This allowance is based on the 1968 Recommended Dietary Allowances (RDA) for 24 sex-age categories set by the Food and Nutrition Board of the National Academy of Sciences. The 1989 RDA has been set at 1,200 milligrams per day for women and men 19 to 24 years of age and 800 milligrams for women and men 25 to 50 years of age.

[1]The U.S. RDA given is for adults (except pregnant or lactating women) and children over 4 years of age.

Where Do Women Get Calcium?[1]



Source: U.S. Department of Agriculture, Human Nutrition Information Service. Unpublished data from 1985 and 1986. Continuing Survey of Food Intakes by Individuals, 4 days.

[1]Women 19-50 years of age.

As you can see, in 1985 and 1986, almost one-half of the calcium in the diets of women was provided by milk and milk products and 26 percent of the calcium was supplied by grain products. Foods that contain small amounts of calcium but are not considered good sources can contribute significant amounts of calcium to an individual's diet if these foods are eaten often or in large amounts.

Why Do We Need Calcium?

Calcium, a mineral, is used for building bones and teeth and in maintaining bone strength. Calcium is also used in muscle contraction, blood clotting, and maintenance of cell membranes.

Do We Get Enough Calcium?

According to recent USDA surveys, average calcium intakes for women and younger men are below their RDA. The average calcium intake by women 19 to 34 years of age was about 665 milligrams per day, and the intake by women 35 to 50 years of age was about 565 milligrams. Average calcium intake by men 19 to 34 years of age was 975 milligrams.

Calcium absorption is dependent upon the calcium needs of the body, the foods eaten, and the amount of calcium in the foods eaten. Vitamin D, whether from diet or exposure to the ultraviolet light of the sun, increases calcium absorption. Calcium absorption tends to decrease with increased age for both men and women.

How Can We Get Enough Calcium?

Eating a variety of foods that contain calcium is the best way to get an adequate amount. Healthy individuals who eat a balanced diet rarely need supplements. The list of foods will help you select those that are good sources of calcium as you follow the Dietary Guidelines. The list of good sources was derived from the same nutritive value of foods tables used to analyze information for recent food consumption surveys of the U.S. Department of Agriculture, Human Nutrition Information Service.

How To Prepare Foods To Retain Calcium

Calcium is lost in cooking some foods even under the best conditions. To retain calcium:

- Cook foods in a minimal amount of water.
- Cook for the shortest possible time.

What About Fortified Foods?

Some foods, such as orange juice, bread, and ready-to-eat cereals, are not normally good sources of calcium but may have had calcium added. Most instant-prepared cereals are fortified with calcium. Since these products vary in the amount of calcium provided, check the label on the carton or package for the percentage of the U.S. RDA for a specific product.

What Is a Serving?

The serving sizes used on the list of good sources are only estimates of the amounts of food you might eat. The amount of nutrient in a serving depends on the weight of the serving. For example, 1/2 cup of cooked vegetable contains more calcium than 1/2 cup of the same vegetable served raw, because a serving of cooked vegetable weighs more. Therefore, the cooked vegetable may appear on the list while the raw form does not. The raw vegetable provides the nutrient—but just not enough in a 1/2-cup serving to be considered a good source.

What Are Good Sources Of Calcium?

Food	Selected Serving Size	Percentage of U.S. RDA[1]
BREADS, CEREALS, AND OTHER GRAIN PRODUCTS		
English muffin, plain with raisins	1	+
Muffin, bran	1 medium	+
Oatmeal, instant, fortified, prepared[2]	⅔ cup	+
Pancakes, plain, fruit, buckwheat, or whole-wheat	2 4-inch pancakes	+
Waffles:		
Bran, cornmeal, or fruit	2 4-inch squares	+
Plain	2 4-inch squares	+ +
VEGETABLES		
Broccoli, cooked	½ cup	+
Spinach, cooked	½ cup	+
Turnip greens, cooked	½ cup	+
MEAT, POULTRY, FISH, AND ALTERNATES		
Fish and Seafood		
Mackerel, canned, drained	3 ounces	+
Ocean perch, baked or broiled	3 ounces	+
Salmon, canned, drained	3 ounces	+
Dry Beans, Peas, and Lentils		
Tofu (bean curd)[3]	½ cup cubed	+ +
MILK, CHEESE, AND YOGURT		
Cheese, natural:		
Blue, brick, camembert, feta, gouda, monterey, mozzarella, muenster, provolone, or roquefort	1 ounce	+
Gruyere or swiss	1 ounce	+ +
Parmesan (hard) or romano	1 ounce	+ +
Cheese, process, cheddar or swiss	¾ ounce	+
Cheese, ricotta	½ cup	+ +
Ice cream or ice milk, soft-serve	½ cup	+
Milk:		
Buttermilk	1 cup	+ +
Chocolate	1 cup	+ +
Dry, nonfat, reconstituted	1 cup	+ +
Evaporated, whole or skim, diluted	1 cup	+ +
Lowfat or skim	1 cup	+ +
Whole	1 cup	+ +
Yogurt:		
Flavored or fruit, made with whole or lowfat milk	8 ounces	+ +
Frozen	8 ounces	+ +
Plain:		
Made with whole milk	8 ounces	+ +
Made with lowfat or nonfat milk	8 ounces	+ + +

[1]A selected serving size contains—
- \+ 10-24 percent of the U.S. RDA for adults and children over 4 years of age
- \+ + 25-39 percent of the U.S. RDA for adults and children over 4 years of age
- \+ + + 40 percent or more of the U.S. RDA for adults and children over 4 years of age

[2]See section on fortified foods.

[3]If made with calcium sulfate.

EATING RIGHT
THE DIETARY GUIDELINES WAY

GOOD SOURCES OF NUTRIENTS

IRON

This is one in a series of fact sheets containing information to help you select foods that provide adequate daily amounts of vitamins, minerals, and dietary fiber as you follow the Dietary Guidelines for Americans. The Guidelines are—

- *Eat a Variety of Foods*
- *Maintain Desirable Weight*
- *Avoid Too Much Fat, Saturated Fat, and Cholesterol*
- *Eat Foods with Adequate Starch and Fiber*
- *Avoid Too Much Sugar*
- *Avoid Too Much Sodium*
- *If You Drink Alcoholic Beverages, Do So in Moderation*

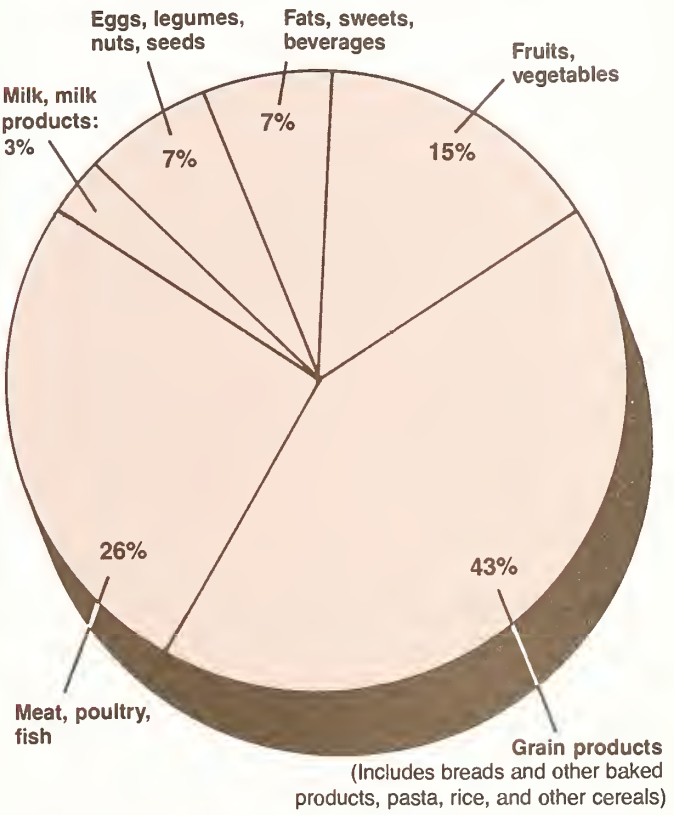
What Is Meant By a Good Food Source?

A good food source of iron contains a substantial amount of iron in relation to its calorie content and contributes at least 10 percent of the U.S. Recommended Dietary Allowance (U.S. RDA) for iron in a selected serving size. The U.S. RDA for iron is 18 milligrams per day.[1]

The U.S. RDA for iron is the amount of the mineral used as a standard in nutrition labeling of foods. This allowance is based on the 1968 Recommended Dietary Allowances (RDA) for 24 sex-age categories set by the Food and Nutrition Board of the National Academy of Sciences. The 1989 RDA has been set at 15 milligrams per day for women 19 to 50 years of age and 10 milligrams for men 25 to 50 years of age.

[1]The U.S. RDA given is for adults (except pregnant or lactating women) and children over 4 years of age.

Where Do Women Get Iron?[1]



Source: U.S. Department of Agriculture, Human Nutrition Information Service. Unpublished data from 1985 and 1986. Continuing Survey of Food Intakes by Individuals, 4 days.

[1]Women 19-50 years of age. The percentages provided by the various food groups may not add up to 100 because of rounding.

As you can see, in 1985 and 1986, 43 percent of the iron in the diets of women was contributed by grain products and 26 percent was supplied by meat, poultry, and fish. Foods that contain small amounts of iron but are not considered good sources can contribute significant amounts of iron to an individual's diet if these foods are eaten often or in large amounts.

Why Do We Need Iron?

Iron, a mineral, functions primarily as a carrier of oxygen in the body, both as a part of hemoglobin in the blood and of myoglobin in the muscles.

Do We Get Enough Iron?

According to recent USDA surveys, over three-fourths of American women 19 to 50 years of age had iron intakes below 80 percent of their RDA. Average iron intake was 67 percent of the RDA. Men of the same age met their RDA.

The ability of the body to absorb and utilize iron from different foods varies. The iron in meat, poultry, and fish is absorbed and utilized more readily than iron in other foods. The presence of these animal products in a meal increases the availability of iron from other foods. The presence of vitamin C (ascorbic acid) in a meal also increases iron absorption. The body increases or decreases iron absorption according to need. The body absorbs iron more efficiently when iron stores are low and during growth spurts or pregnancy. The most common indication of poor iron status is iron deficiency anemia, a condition in which the size and number of red blood cells are reduced. This condition may result from inadequate intake of iron or from blood loss.

How Can We Get Enough Iron?

Eating a variety of foods that contain iron is the best way to get an adequate amount. Healthy individuals who eat a balanced diet rarely need supplements. Intakes of iron tend to be low in relation to recommendations, and there aren't that many foods that are really good sources; thus, it may take special care to ensure an adequate intake. Many doctors recommend feeding a fortified milk formula or breakfast cereal or giving an iron supplement to infants and toddlers, because it is especially difficult to meet their iron needs. Doctors usually prescribe iron supplements for pregnant or lactating women. The list of foods will help you select those that are good sources of iron as you follow the Dietary Guidelines. The list of good sources was derived from the same nutritive value of foods tables used to analyze information for recent food consumption surveys of the U.S. Department of Agriculture, Human Nutrition Information Service.

How To Prepare Foods To Retain Iron

Iron is lost in cooking some foods even under the best conditions. To retain iron:

- Cook foods in a minimal amount of water.
- Cook for the shortest possible time.

What About Enriched or Fortified Foods?

Pasta, white rice, and most breads made from refined flours are enriched with iron, because iron is one of the nutrients lost in processing. Other nutrients added to refined flours and pasta are thiamin, niacin, and riboflavin. Enriched products or products made from enriched flour are labeled as such. Minimum and maximum enrichment levels are specified for thiamin, riboflavin, and niacin, but only a minimum level of iron is required in farina. Thus, iron enrichment levels for farina vary from brand to brand.

Most ready-to-eat and instant-prepared cereals are fortified with iron. Fortified ready-to-eat cereals usually contain at least 25 percent of the U.S. RDA for iron. Since cereals vary, check the label on the package for the percentage of the U.S. RDA for a specific cereal.

What Is a Serving?

The serving sizes used on the list of good sources are only estimates of the amounts of food you might eat. The amount of nutrient in a serving depends on the weight of the serving. For example, 1/2 cup of cooked spinach contains more iron than a 1/2-cup serving of spinach served raw, because the cooked spinach weighs more. Therefore, the cooked spinach appears on the list while the raw form does not. Raw spinach provides the nutrient—but just not enough in a 1/2-cup serving to be considered a good source.

What Are Good Sources Of Iron?

Food	Selected Serving Size	Percentage of U.S. RDA[1]
BREADS, CEREALS, AND OTHER GRAIN PRODUCTS[2]		
Bagel, plain, pumpernickel, or whole-wheat	1 medium	+
Farina, regular or quick, cooked	⅔ cup	+ +
Muffin, bran	1 medium	+
Noodles, cooked	1 cup	+
Oatmeal, instant, fortified, prepared	⅔ cup	+ +
Pita bread, plain or whole-wheat	1 small	+
Pretzel, soft	1	+
Ready-to-eat cereals, fortified	1 ounce	+ +
Rice, white, regular or converted, cooked	⅔ cup	+
FRUITS		
Apricots, dried, cooked, unsweetened	½ cup	+
VEGETABLES		
Beans, lima, cooked	½ cup	+
Spinach, cooked	½ cup	+
MEAT, POULTRY, FISH, AND ALTERNATES		
Meat and Poultry		
Beef:		
Brisket, braised, lean only	3 ounces	+
Ground; extra lean, lean, or regular; baked or broiled	1 patty	+
Pot roast, braised, lean only	3 ounces	+
Roast, rib, roasted, lean only	3 ounces	+
Shortribs, braised, lean only	3 ounces	+
Steak; baked, broiled, or braised; lean only	3 ounces	+
Stew meat, simmered, lean only	3 ounces	+
Liver, braised:		
Beef	3 ounces	+ +
Calf	3 ounces	+
Pork	3 ounces	+ + +
Chicken or turkey	½ cup diced	+ +
Liverwurst	1 ounce	+
Tongue, braised	3 ounces	+
Turkey, dark meat, roasted, without skin	3 ounces	+
Fish and Seafood		
Clams; steamed, boiled, or canned; drained	3 ounces	+ + +
Mackerel, canned, drained	3 ounces	+
Mussels, steamed, boiled, or poached	3 ounces	+
Oysters:		
Baked, broiled, or steamed	3 ounces	+ +
Canned, undrained	3 ounces	+ +
Shrimp; broiled, steamed, boiled, or canned; drained	3 ounces	+
Trout, baked or broiled	3 ounces	+
Dry Beans, Peas, and Lentils		
Beans; black-eyed peas (cowpeas), chickpeas (garbanzo beans), red kidney, or white; cooked	½ cup	+
Lentils, cooked	½ cup	+
Soybeans, cooked	½ cup	+ +
Nuts and Seeds		
Pine nuts (pignolias)	2 tablespoons	+
Pumpkin or squash seeds, hulled, roasted	2 tablespoons	+

[1]A selected serving size contains—
+ 10-24 percent of the U.S. RDA for adults and children over 4 years of age
+ + 25-39 percent of the U.S. RDA for adults and children over 4 years of age
+ + + 40 percent or more of the U.S. RDA for adults and children over 4 years of age

[2]Breads, pasta, and cereals listed are enriched unless otherwise noted. See section on enriched or fortified foods.

EATING RIGHT
THE DIETARY GUIDELINES WAY

GOOD SOURCES OF NUTRIENTS

MAGNESIUM

This is one in a series of fact sheets containing information to help you select foods that provide adequate daily amounts of vitamins, minerals, and dietary fiber as you follow the Dietary Guidelines for Americans. The Guidelines are—

- *Eat a Variety of Foods*
- *Maintain Desirable Weight*
- *Avoid Too Much Fat, Saturated Fat, and Cholesterol*
- *Eat Foods with Adequate Starch and Fiber*
- *Avoid Too Much Sugar*
- *Avoid Too Much Sodium*
- *If You Drink Alcoholic Beverages, Do So in Moderation*

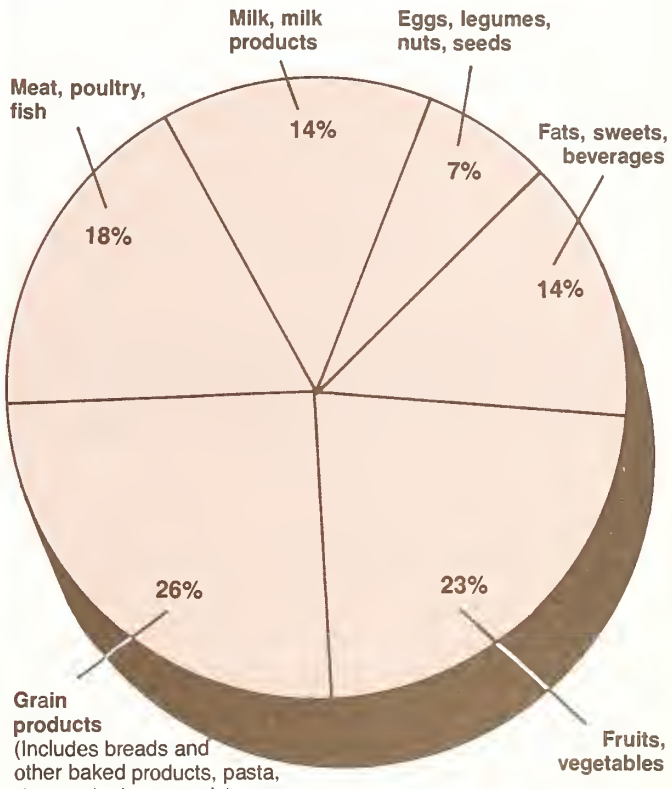
What Is Meant By a Good Food Source?

A good food source of magnesium contains a substantial amount of magnesium in relation to its calorie content and contributes at least 10 percent of the U.S. Recommended Dietary Allowance (U.S. RDA) for magnesium in a selected serving size. The U.S. RDA for magnesium is 400 milligrams per day.[1]

The U.S. RDA for magnesium is the amount of the mineral used as a standard in nutrition labeling of foods. This allowance is based on the 1968 Recommended Dietary Allowances (RDA) for 24 sex-age categories set by the Food and Nutrition Board of the National Academy of Sciences. The 1989 RDA has been set at 280 milligrams per day for women 19 to 50 years of age and 350 milligrams for men 19 to 50 years of age.

[1]The U.S. RDA given is for adults (except pregnant or lactating women) and children over 4 years of age.

Where Do Women Get Magnesium?[1]



Source: U.S. Department of Agriculture, Human Nutrition Information Service. Unpublished data from 1985 and 1986. Continuing Survey of Food Intakes by Individuals, 4 days.

[1]Women 19-50 years of age. The percentages provided by the various food groups may not add up to 100 because of rounding.

As you can see, in 1985 and 1986, about 25 percent of the magnesium in diets of women was supplied by grain products and another 25 percent by fruits and vegetables. Meat, poultry, and fish provided about 18 percent of the magnesium. Fats, sweets, and beverages supply 14 percent of the magnesium; however, they are not considered in our list of "good sources" because they are high in calories compared to the amounts of vitamins and minerals they provide. Foods that con-

tain small amounts of magnesium but are not considered good sources can contribute significant amounts of magnesium to an individual's diet if these foods are eaten often or in large amounts.

Why Do We Need Magnesium?

Magnesium, a mineral, is used in building bones, manufacturing proteins, releasing energy from muscle storage, and regulating body temperature.

Do We Get Enough Magnesium?

According to recent USDA surveys, the average intake of magnesium by women 19 to 50 years of age was about 74 percent of the RDA. Men of the same age got about 94 percent of the recommended amount. About 50 percent of women had intakes below 70 percent of their RDA.

How Can We Get Enough Magnesium?

Eating a variety of foods that contain magnesium is the best way to get an adequate amount. Healthy individuals who eat a balanced diet rarely need supplements. Intakes of magnesium tend to be low in relation to recommendations, and there aren't that many foods that are really good sources; thus, it may take special care to ensure an adequate intake. The list of foods will help you select those that are good sources of magnesium as you follow the Dietary Guidelines. The list of good sources was derived from the same nutritive value of foods tables used to analyze information for recent food consumption surveys of the U.S. Department of Agriculture, Human Nutrition Information Service.

How To Prepare Foods To Retain Magnesium

Magnesium is lost in cooking some foods even under the best conditions. To retain magnesium:

- Cook foods in a minimal amount of water.
- Cook for the shortest possible time.

What About Whole-Grain Cereals?

Whole-grain ready-to-eat cereals usually contain 10 percent of the U.S. RDA for magnesium. Since cereals vary, check the label on the package for the percentage of the U.S. RDA for a specific cereal.

What Is a Serving?

The serving sizes used on the list of good sources are only estimates of the amounts of food you might eat. The amount of nutrient in a serving depends on the weight of the serving. For example, 1/2 cup of a cooked vegetable contains more magnesium than 1/2 cup of the same vegetable served raw, because a serving of the cooked vegetable weighs more. Therefore, the cooked vegetable may appear on the list while the raw form does not. The raw vegetable provides the nutrient—but just not enough in a 1/2-cup serving to be considered a good source.

What Are Good Sources Of Magnesium?

Food	Selected Serving Size	Percentage of U.S. RDA[1]
BREADS, CEREALS, AND OTHER GRAIN PRODUCTS		
Bread, whole-wheat	2 slices	+
English muffin, whole-wheat	1	+
Muffin, bran	1 medium	+
Multigrain cereal, cooked	⅔ cup	+
Noodles, whole-wheat, cooked	1 cup	+
Pita bread, whole-wheat	1 small	+
Ready-to-eat cereals, whole-grain[2]	1 ounce	+
Rice, brown, cooked	⅔ cup	+
Spaghetti, high-protein, cooked	1 cup	+
Wheat germ, plain	2 tablespoons	+
VEGETABLES		
Artichoke, globe (french), cooked	1 medium	+
Beans, lima, cooked	½ cup	+
Broccoli, cooked	½ cup	+
Chard, cooked	½ cup	+
Okra, cooked	½ cup	+
Plantain, green or ripe, boiled	1 medium	+
Spinach, cooked	½ cup	+
MEAT, POULTRY, FISH, AND ALTERNATES		
Fish and Seafood		
Croaker, mackerel, or sea bass; baked or broiled	3 ounces	+
Oysters:		
Baked, broiled, or steamed	3 ounces	+
Canned, undrained	3 ounces	+
Scallops, baked, broiled, boiled, or steamed	3 ounces	+
Dry Beans, Peas, and Lentils		
Beans; black-eyed peas (cowpeas), chickpeas (garbanzo beans), soybeans, or white; cooked	½ cup	+
Soy milk (not baby formula)	1 cup	+
Tofu (bean curd)[3]	½ cup cubed	+
Nuts and Seeds		
Almonds; roasted, dry-roasted, or unroasted	2 tablespoons	+
Brazil nuts, filberts (hazelnuts), or pine nuts (pignolias)	2 tablespoons	+
Cashews, roasted or dry-roasted	2 tablespoons	+
Mixed nuts, roasted	2 tablespoons	+
Peanut butter	2 tablespoons	+
Pumpkin or squash seeds, hulled, unroasted	2 tablespoons	+
Sesame seeds	2 tablespoons	+
Sunflower seeds, hulled, unroasted	2 tablespoons	+
MILK, CHEESE, AND YOGURT		
Milk, chocolate, made with skim milk	1 cup	+
Yogurt, plain, made with nonfat milk	8 ounces	+

[1]A selected serving size contains—
+ 10-24 percent of the U.S. RDA for adults and children over 4 years of age
+ + 25-39 percent of the U.S. RDA for adults and children over 4 years of age
+ + + 40 percent or more of the U.S. RDA for adults and children over 4 years of age

[2]See section on whole-grain cereals.

[3]If made with magnesium chloride or nigari (a coagulant derived from seawater).

EATING RIGHT
THE DIETARY GUIDELINES WAY

GOOD SOURCES OF NUTRIENTS

COPPER

This is one in a series of fact sheets containing information to help you select foods that provide adequate daily amounts of vitamins, minerals, and dietary fiber as you follow the Dietary Guidelines for Americans. The Guidelines are—

- *Eat a Variety of Foods*
- *Maintain Desirable Weight*
- *Avoid Too Much Fat, Saturated Fat, and Cholesterol*
- *Eat Foods with Adequate Starch and Fiber*
- *Avoid Too Much Sugar*
- *Avoid Too Much Sodium*
- *If You Drink Alcoholic Beverages, Do So in Moderation*

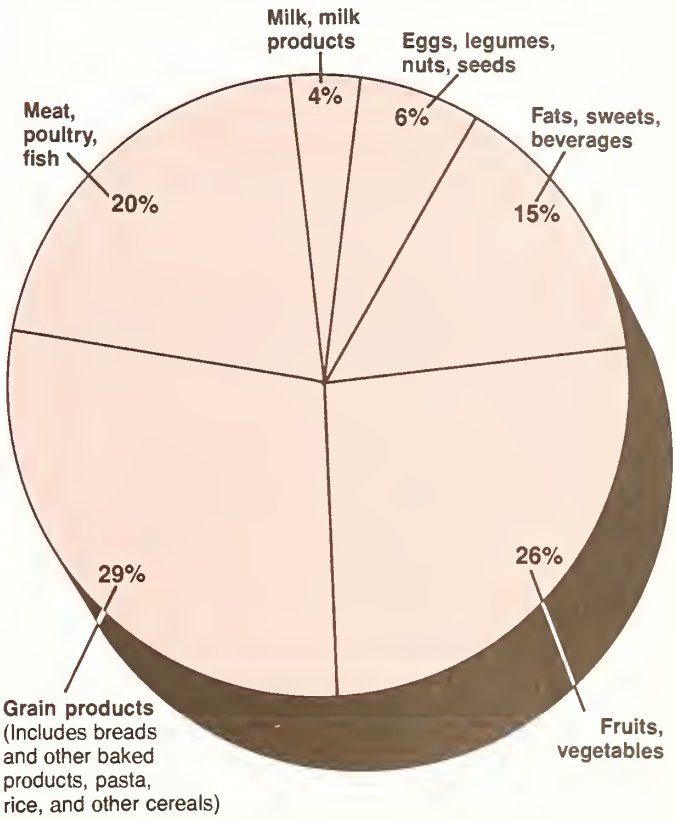
What Is Meant By a Good Food Source?

A good food source of copper contains a substantial amount of copper in relation to its calorie content and contributes at least 10 percent of the U.S. Recommended Dietary Allowance (U.S. RDA) for copper in a selected serving size. The U.S. RDA for copper is 2 milligrams per day.[1]

The U.S. RDA for copper is the amount of the mineral used as a standard in nutrition labeling of foods. This allowance is based on the 1968 estimate of need made by the Food and Nutrition Board of the National Academy of Sciences. The 1989 range of Estimated Safe and Adequate Intakes for adults is 1.5 to 3 milligrams per day.

[1]The U.S. RDA given is for adults (except pregnant or lactating women) and children over 4 years of age.

Where Do Women Get Copper?[1]



Source: U.S. Department of Agriculture, Human Nutrition Information Service. Unpublished data from 1985 and 1986. Continuing Survey of Food Intakes by Individuals, 4 days.

[1]Women 19-50 years of age.

As you can see, in 1985 and 1986, 29 percent of the copper in the diets of women was supplied by grain products and 26 percent was furnished by fruits and vegetables. Of the fruits and vegetables, white potatoes provided more copper than any of the other types. Foods that contain small amounts of copper but are not considered good sources can contribute significant amounts of copper to an individual's diet if these foods are eaten often or in large amounts.

Why Do We Need Copper?

Copper, a mineral, is necessary (along with iron) for the formation of hemoglobin. It also helps keep bones, blood vessels, and nerves healthy.

Do We Get Enough Copper?

According to recent USDA surveys, the average intake of copper by women 19 to 50 years of age was about 1 milligram, and that of men of the same age was about 1.6 milligrams. For women, this amount is less than the 1.5- to 3-milligram range of Estimated Safe and Adequate Daily Dietary Intakes recommended by the Food and Nutrition Board of the National Academy of Sciences.

How Can We Get Enough Copper?

Eating a variety of foods that contain copper is the best way to get an adequate amount. Healthy individuals who eat a balanced diet rarely need supplements. Intakes of copper tend to be low in relation to recommendations, and there aren't that many foods that are really good sources; thus, it may take special care to ensure an adequate intake. The list of foods will help you select those that are good sources of copper as you follow the Dietary Guidelines. The list of good sources was derived from the nutritive value of foods tables used to analyze information for recent food consumption surveys of the U.S. Department of Agriculture, Human Nutrition Information Service.

How To Prepare Foods To Retain Copper

Copper is lost in cooking some foods even under the best conditions. To retain copper:

- Cook foods in a minimal amount of water.
- Cook for the shortest possible time.

What Is a Serving?

The serving sizes used on the list of good sources are only estimates of the amounts of food you might eat. The amount of nutrient in a serving depends on the weight of the serving. For example, 1/2 cup of cooked mushrooms contains more copper than 1/2 cup of mushrooms served raw, because a serving of cooked mushrooms weighs more. Therefore, cooked mushrooms appear on the list while the raw form does not. Raw mushrooms provide the nutrient—but just not enough in a 1/2-cup serving to be considered a good source.

What Are Good Sources Of Copper?

Food	Selected Serving Size	Percentage of U.S. RDA[1]
BREADS, CEREALS, AND OTHER GRAIN PRODUCTS		
Barley, cooked	⅔ cup	+ +
English muffin, whole-wheat	1	+
Muffin, bran	1 medium	+
Pita bread, whole-wheat	1 small	+
FRUITS		
Prunes, dried, cooked, unsweetened	½ cup	+
VEGETABLES		
Beans, lima, cooked	½ cup	+
Mushrooms, cooked	½ cup	+
Potato, baked or boiled, with skin	1 medium	+
Sweetpotato, baked or boiled	1 medium	+
Tomato juice cocktail	¾ cup	+
Turnip greens, cooked	½ cup	+
MEAT, POULTRY, FISH, AND ALTERNATES		
Meat and Poultry		
Liver, braised:		
Beef or calf	3 ounces	+ + +
Chicken or turkey	½ cup diced	+
Fish and Seafood		
Clams; steamed, boiled, or canned; drained	3 ounces	+
Crabmeat, steamed	3 ounces	+ +
Lobster, steamed or boiled	3 ounces	+ + +
Oysters:		
Baked, broiled, or steamed	3 ounces	+ + +
Canned, undrained	3 ounces	+ + +
Shrimp; broiled, steamed, boiled, or canned; drained	3 ounces	+
Dry Beans, Peas, and Lentils		
Beans, black-eyed peas (cowpeas) or soybeans, cooked	½ cup	+
Lentils, cooked	½ cup	+
Nuts and Seeds		
Almonds or cashews, roasted or dry-roasted	2 tablespoons	+
Brazil nuts, english walnuts, filberts (hazelnuts), pine nuts (pignolias)	2 tablespoons	+
Mixed nuts, dry-roasted	2 tablespoons	+
Peanuts, roasted	2 tablespoons	+
Pistachio nuts, unroasted	2 tablespoons	+
Pumpkin or squash seeds, hulled, roasted	2 tablespoons	+
Sesame seeds	2 tablespoons	+
Sunflower seeds, hulled; roasted, dry-roasted, or unroasted	2 tablespoons	+

[1]A selected serving size contains—

+ 10-24 percent of the U.S. RDA for adults and children over 4 years of age

+ + 25-39 percent of the U.S. RDA for adults and children over 4 years of age

+ + + 40 percent or more of the U.S. RDA for adults and children over 4 years of age

EATING RIGHT
THE DIETARY GUIDELINES WAY

GOOD SOURCES OF NUTRIENTS

ZINC

This is one in a series of fact sheets containing information to help you select foods that provide adequate daily amounts of vitamins, minerals, and dietary fiber as you follow the Dietary Guidelines for Americans. The Guidelines are—

- *Eat a Variety of Foods*
- *Maintain Desirable Weight*
- *Avoid Too Much Fat, Saturated Fat, and Cholesterol*
- *Eat Foods with Adequate Starch and Fiber*
- *Avoid Too Much Sugar*
- *Avoid Too Much Sodium*
- *If You Drink Alcoholic Beverages, Do So in Moderation*

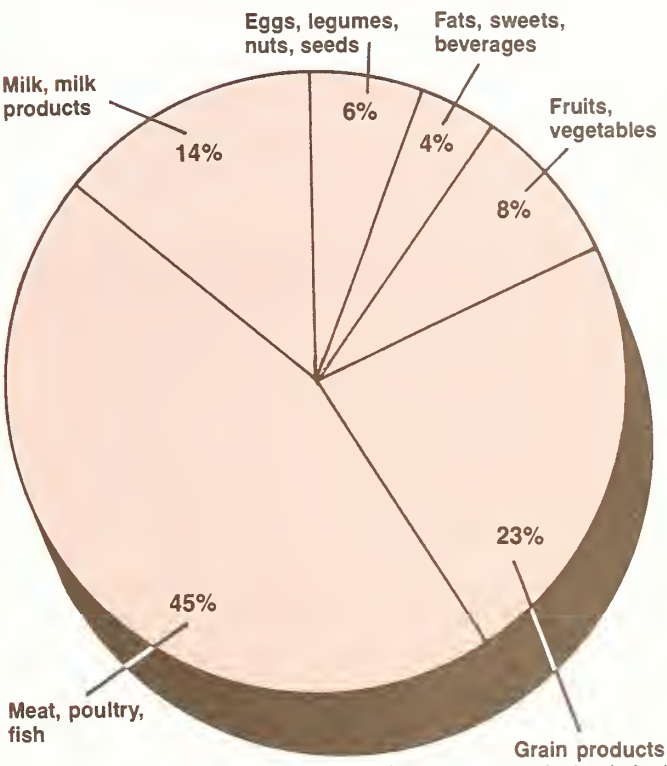
What Is Meant By a Good Food Source?

A good food source of zinc contains a substantial amount of zinc in relation to its calorie content and contributes at least 10 percent of the U.S. Recommended Dietary Allowance (U.S. RDA) for zinc in a selected serving size. The U.S. RDA for zinc is 15 milligrams per day.[1]

The U.S. RDA for zinc is the amount of the mineral used as a standard in nutrition labeling of foods. This allowance is based on the 1968 Recommended Dietary Allowances (RDA) for 24 sex-age categories set by the Food and Nutrition Board of the National Academy of Sciences. The 1989 RDA has been set at 12 milligrams per day for women 19 to 50 years of age and 15 milligrams for men 19 to 50 years of age.

[1]The U.S. RDA given is for adults (except pregnant or lactating women) and children over 4 years of age.

Where Do Women Get Zinc?[1]



Source: U.S. Department of Agriculture, Human Nutrition Information Service. Unpublished data from 1985 and 1986. Continuing Survey of Food Intakes by Individuals, 4 days.

[1]Women 19-50 years of age.

As you can see, in 1985 and 1986, almost one-half of the zinc in the diets of women was supplied by meat, poultry, and fish. Grain products were also good food sources of zinc; they contributed almost 25 percent. Foods that contain small amounts of zinc but are not considered good sources can contribute significant amounts of zinc to an individual's diet if these foods are eaten often or in large amounts.

Why Do We Need Zinc?

Zinc, a mineral, plays an important role in the formation of protein in the body and thus assists in wound healing, blood formation, and general growth and maintenance of all tissues. Zinc is a component of many enzymes and thus is involved in most metabolic processes.

Do We Get Enough Zinc?

According to recent USDA surveys, the average intake of zinc by women 19 to 50 years of age was less than 75 percent of their RDA while that of men of the same age averaged about 95 percent of their RDA. Over one-half of women had intakes less than 70 percent of the RDA.

How Can We Get Enough Zinc?

Eating a variety of foods that contain zinc is the best way to get an adequate amount. Healthy individuals who eat a balanced diet rarely need supplements. Intakes of zinc tend to be low in relation to recommendations, and there aren't many foods that are really good sources; thus, it may take special care to ensure an adequate intake. The list of foods will help you select those that are good sources of zinc as you follow the Dietary Guidelines. The list of good sources was derived from the same nutritive value of foods tables used to analyze information for recent food consumption surveys of the U.S. Department of Agriculture, Human Nutrition Information Service.

How To Prepare Foods To Retain Zinc

Zinc is lost in cooking some foods even under the best cooking conditions. To retain zinc:

- Cook foods in a minimal amount of water.
- Cook for the shortest possible time.

What About Fortified Foods?

Most fortified ready-to-eat cereals usually contain at least 10 percent of the U.S. RDA for zinc. Since cereals vary, check the label on the package for the percentage of the U.S. RDA for a specific cereal.

What Is a Serving?

The serving sizes used on the list of good sources are only estimates of the amounts of food you might eat. The amount of nutrient in a serving depends on the weight of the serving. For example, the edible part of a cooked chicken leg (thigh and drumstick) weighs more than the edible part of a cooked chicken breast half. Therefore, the chicken leg appears on the list while the chicken breast half does not. The chicken breast half provides the nutrient—but just not enough to be considered a good source.

What Are Good Sources Of Zinc?

Food	Selected Serving Size	Percentage of U.S. RDA[1]
BREADS, CEREALS, AND OTHER GRAIN PRODUCTS		
Ready-to-eat cereals, fortified[2]	1 ounce	+
Wheat germ, plain	2 tablespoons	+
MEAT, POULTRY, FISH, AND ALTERNATES		
Meat and Poultry		
Beef:		
Brisket, braised, lean only	3 ounces	+ +
Ground; extra lean, lean, or regular; baked or broiled	1 patty	+ +
Pot roast, braised, lean only	3 ounces	+ + +
Roast, rib, roasted, lean only	3 ounces	+ +
Shortribs, braised, lean only	3 ounces	+ + +
Steak, lean only:		
Baked or broiled	3 ounces	+ +
Braised	3 ounces	+ + +
Stew meat, simmered, lean only	3 ounces	+ + +
Chicken, leg (thigh and drumstick), broiled or roasted, without skin	1 leg	+
Ham, fresh, smoked or cured, roasted, lean only	3 ounces	+
Lamb:		
Chop, shoulder; braised, broiled, or baked; lean only	1 chop	+ +
Ground, cooked	1 patty	+
Roast, shoulder, roasted, lean only	3 ounces	+ +
Liver, braised:		
Beef or pork	3 ounces	+ +
Calf	3 ounces	+ + +
Chicken or turkey	½ cup diced	+
Pork:		
Chop, baked or broiled, lean only	1 chop	+
Ground, cooked	3 ounces	+
Roast, loin, roasted, lean only	3 ounces	+
Pork (continued):		
Roast, shoulder, roasted, lean only	3 ounces	+
Tongue, braised	3 ounces	+ +
Turkey:		
Ground, cooked	3 ounces	+
Light or dark meat, roasted, without skin	3 ounces	+
Veal:		
Chop, braised, lean only	1 chop	+
Ground, cooked	1 patty	+
Roast, leg, roasted, lean only	3 ounces	+ +
Fish and Seafood		
Carp, baked or broiled	3 ounces	+
Crabmeat, steamed	3 ounces	+
Lobster, steamed or boiled	3 ounces	+
Mussels, steamed, boiled, or poached	3 ounces	+
Oysters:		
Baked, broiled, or steamed	3 ounces	+ + +
Canned, undrained	3 ounces	+ + +
Nuts and Seeds		
Pumpkin or squash seeds, hulled, roasted	2 tablespoons	+
MILK, CHEESE, AND YOGURT		
Cheese, ricotta	½ cup	+
Yogurt:		
Flavored, made with whole or lowfat milk	8 ounces	+
Plain, made with lowfat or nonfat milk	8 ounces	+

[1]A selected serving size contains—
+ 10-24 percent of the U.S. RDA for adults and children over 4 years of age
+ + 25-39 percent of the U.S. RDA for adults and children over 4 years of age
+ + + 40 percent or more of the U.S. RDA for adults and children over 4 years of age

[2]See section on fortified cereals.

EATING RIGHT
THE DIETARY GUIDELINES WAY

GOOD SOURCES OF NUTRIENTS

PHOSPHORUS

This is one in a series of fact sheets containing information to help you select foods that provide adequate daily amounts of vitamins, minerals, and dietary fiber as you follow the Dietary Guidelines for Americans. The Guidelines are—

- *Eat a Variety of Foods*
- *Maintain Desirable Weight*
- *Avoid Too Much Fat, Saturated Fat, and Cholesterol*
- *Eat Foods with Adequate Starch and Fiber*
- *Avoid Too Much Sugar*
- *Avoid Too Much Sodium*
- *If You Drink Alcoholic Beverages, Do So in Moderation*

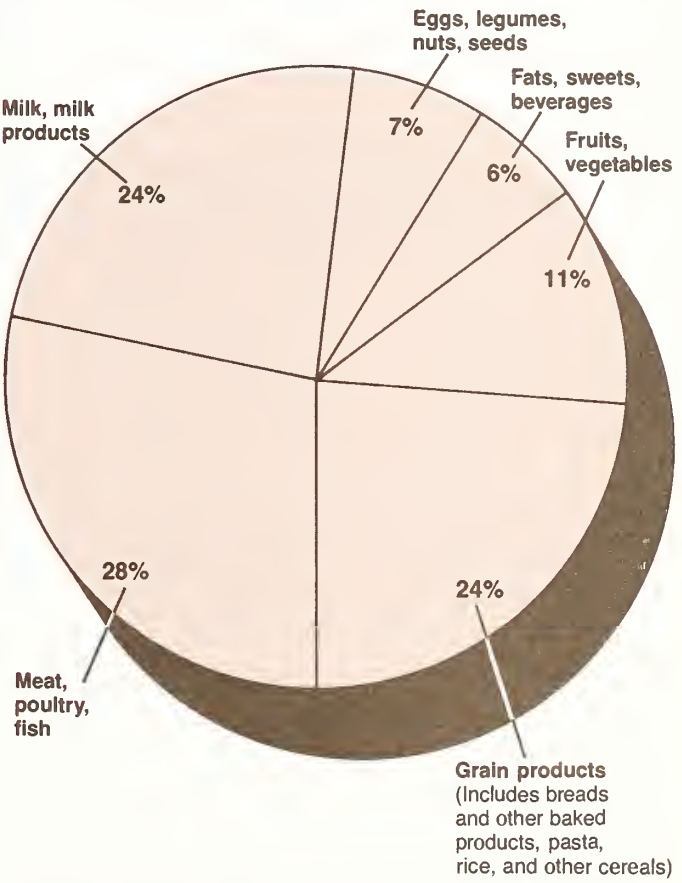
What Is Meant By a Good Food Source?

A good food source of phosphorus contains a substantial amount of phosphorus in relation to its calorie content and contributes at least 10 percent of the U.S. Recommended Dietary Allowance (U.S. RDA) for phosphorus in a selected serving size. The U.S. RDA for phosphorus is 1,000 milligrams per day.[1]

The U.S. RDA for phosphorus is the amount of the mineral used as a standard in nutrition labeling of foods. This allowance is based on the 1968 Recommended Dietary Allowances (RDA) for 24 sex-age categories set by the Food and Nutrition Board of the National Academy of Sciences. The 1989 RDA has been set at 1,200 milligrams per day for women and men 19 to 24 years of age and 800 milligrams for women and men 25 to 50 years of age.

[1]The U.S. RDA given is for adults (except pregnant or lactating women) and children over 4 years of age.

Where Do Women Get Phosphorus?[1]



Source: U.S. Department of Agriculture, Human Nutrition Information Service. Unpublished data from 1985 and 1986 Continuing Survey of Food Intakes by Individuals, 4 days.

[1]Women 19-50 years of age.

As you can see, in 1985 and 1986, 28 percent of the phosphorus in the diets of women was supplied by meat, poultry, and fish. Grain products and milk and milk products each contributed 24 percent of the phosphorus. Much of the phosphorus provided by the fats, sweets, and beverages group comes from carbonated beverages; however, they are not considered in our list of "good sources" because they are high in calories compared to

the amounts of vitamins and minerals they provide. These beverages often contain phosphorus in the form of phosphates. Foods that contain small amounts of phosphorus but are not considered good sources can contribute significant amounts of phosphorus to an individual's diet if these foods are eaten often or in large amounts.

Why Do We Need Phosphorus?

Phosphorus, a mineral, helps build strong bones and teeth. Phosphorus is also involved in the release of energy from fat, protein, and carbohydrates during metabolism, and in the formation of genetic material, cell membranes, and many enzymes.

Do We Get Enough Phosphorus?

According to recent USDA surveys, the intake of phosphorus by women 35 to 50 years of age and men 19 to 50 years of age averaged above their RDA. Average phosphorus intake by women 19 to 34 years of age was about 1,000 milligrams per day.

How Can We Get Enough Phosphorus?

Eating a variety of foods that contain phosphorus is the best way to get an adequate amount. Healthy individuals who eat a balanced diet rarely need supplements. The list of foods will help you select those that are good sources of phosphorus as you follow the Dietary Guidelines. The list of good sources was derived from the same nutritive value of foods tables used to analyze information for recent food consumption surveys of the U.S. Department of Agriculture, Human Nutrition Information Service.

How To Prepare Foods To Retain Phosphorus

Phosphorus is lost in cooking some foods even under the best conditions. To retain phosphorus:

- Cook foods in a minimal amount of water.
- Cook for the shortest possible time.
- Roast or broil lamb, veal, pork, and poultry. (Beef keeps the same amount of phosphorus regardless of cooking method.)

What About Whole-Grain Cereals?

Whole-grain ready-to-eat cereals usually contain 10 percent of the U.S. RDA for phosphorus. Since cereals vary, check the label on the package for the percentage of the U.S. RDA for a specific cereal.

What Is a Serving?

The serving sizes used on the list of good sources are only estimates of the amounts of food you might eat. The amounts eaten of some meats may be easier to estimate by the piece rather than by weight. For example, the selected serving size for lamb is 1 chop weighing 3-1/4 ounces, 1 patty weighing 2-3/4 ounces, or 3 ounces of roast shoulder.

What Are Good Sources of Phosphorus?

Food	Selected Serving Size	Percentage of U.S. RDA[1]
BREADS, CEREALS, AND OTHER GRAIN PRODUCTS		
Bread, whole-wheat	2 slices	+
Bulgur, cooked or canned	⅔ cup	+
Muffin, whole-wheat	1 medium	+
Oatmeal, regular or quick, cooked	⅔ cup	+
Pancakes, plain	2 4-inch pancakes	+
Ready-to-eat cereals, whole-grain[2]	1 ounce	+
Roll, whole-wheat	1 medium	+
Waffles, plain	2 4-inch squares	+ +
Wheat germ, plain	2 tablespoons	+
VEGETABLES		
Beans, lima, cooked	½ cup	+
MEAT, POULTRY, FISH, AND ALTERNATES		
Meat and Poultry		
Beef:		
Brisket, braised, lean only	3 ounces	+
Ground; extra lean, lean, or regular; baked or broiled	1 patty	+
Pot roast, braised, lean only	3 ounces	+
Roast, rib, roasted, lean only	3 ounces	+
Shortribs, braised, lean only	3 ounces	+
Steak; baked, braised, or broiled; lean only	3 ounces	+
Stew meat, simmered, lean only	3 ounces	+
Chicken, without skin:		
Breast, broiled or roasted	½ breast	+
Leg (thigh and drumstick), broiled or roasted	1 leg	+
Ham, roasted, lean only:		
Fresh	3 ounces	+
Smoked or cured	3 ounces	+
Lamb:		
Chop, loin or shoulder; baked, braised, or broiled; lean only	1 chop	+
Ground, cooked	1 patty	+
Roast, shoulder, roasted, lean only	3 ounces	+
Liver, braised:		
Beef or calf	3 ounces	+ +
Chicken	½ cup diced	+
Pork:		
Chop, baked or broiled, lean only	1 chop	+
Pork (continued):		
Ground, cooked	3 ounces	+
Roast, roasted, lean only:		
Loin	3 ounces	+
Shoulder	3 ounces	+
Steak or cutlet, baked or broiled, lean only	3 ounces	+
Turkey:		
Ground, cooked	3 ounces	+
Light or dark meat, roasted, without skin	3 ounces	+
Veal:		
Cutlet or steak, pan-broiled, lean only	3 ounces	+
Ground, cooked	1 patty	+
Roast, leg, roasted, lean only	3 ounces	+
Fish and Seafood		
Carp, baked or broiled	3 ounces	+ + +
Catfish, cod, croaker, mackerel, mullet, ocean perch, pike, pompano, porgy, trout, or whiting; baked or broiled	3 ounces	+
Clams; steamed, boiled, or canned; drained	3 ounces	+
Crabmeat, steamed	3 ounces	+
Flounder, haddock, perch, or sea bass; baked or broiled	3 ounces	+
Lobster, steamed or boiled	3 ounces	+
Mackerel, canned, drained	3 ounces	+ +
Mussels, steamed, boiled, or poached	3 ounces	+
Oysters:		
Baked, broiled, or steamed	3 ounces	+
Canned, undrained	3 ounces	+
Salmon:		
Baked, broiled, steamed, or poached	3 ounces	+
Canned, drained	3 ounces	+ +
Scallops:		
Baked or broiled	3 ounces	+
Boiled or steamed	3 ounces	+
Shrimp:		
Broiled	3 ounces	+
Steamed, boiled, or canned, drained	3 ounces	+
Swordfish steak, baked or broiled	3 ounces	+ +
Tuna, canned, drained	3 ounces	+

Continued

What Are Good Sources of Phosphorus?

Food	Selected Serving Size	Percentage of U.S. RDA[1]
Dry Beans, Peas, and Lentils		
Beans; calico, chickpeas (garbanzo beans), lima, mexican, mung, pinto, or red kidney; cooked	½ cup	+
Lentils, cooked	½ cup	+
Soy milk (not baby formula)	1 cup	+
Nuts and Seeds		
Almonds, roasted	2 tablespoons	+
Brazil nuts	2 tablespoons	+
Peanut butter	2 tablespoons	+
Pine nuts (pignolias)	2 tablespoons	+
Sesame seeds	2 tablespoons	+
Sunflower seeds, hulled; roasted, unroasted, or dry-roasted	2 tablespoons	+
MILK, CHEESE, AND YOGURT		
Cheese, natural: blue, brick, cheddar, colby, edam, gouda, gruyere, havarti, limburger, monterey, mozzarella, muenster, parmesan (hard), port du salut, provolone, roquefort, swiss, tilsit	1 ounce	+
Cheese, process, cheddar or swiss	¾ ounce	+
Cheese, ricotta	½ cup	+
Cheese spread, cheddar	1 tablespoon	+
Cottage cheese, regular or lowfat	½ cup	+
Ice milk, soft-serve	½ cup	+
Milk:		
Chocolate	1 cup	+ +
Dry, lowfat, or nonfat; reconstituted	1 cup	+
Evaporated, diluted:		
Skim	1 cup	+
Whole	1 cup	+ +
Whole, lowfat, or skim	1 cup	+
Yogurt:		
Flavored or fruit, made with whole or lowfat milk	8 ounces	+ +
Frozen	8 ounces	+
Plain:		
Made with whole milk	8 ounces	+
Made with lowfat or nonfat milk	8 ounces	+ +

[1]A selected serving size contains—
+ 10-24 percent of the U.S. RDA for adults and children over 4 years of age
+ + 25-39 percent of the U.S. RDA for adults and children over 4 years of age
+ + + 40 percent or more of the U.S. RDA for adults and children over 4 years of age

[2]See section on whole-grain cereals.

EATING RIGHT
THE DIETARY GUIDELINES WAY

GOOD SOURCES OF NUTRIENTS

POTASSIUM

This is one in a series of fact sheets containing information to help you select foods that provide adequate daily amounts of vitamins, minerals, and dietary fiber as you follow the Dietary Guidelines for Americans. The Guidelines are—

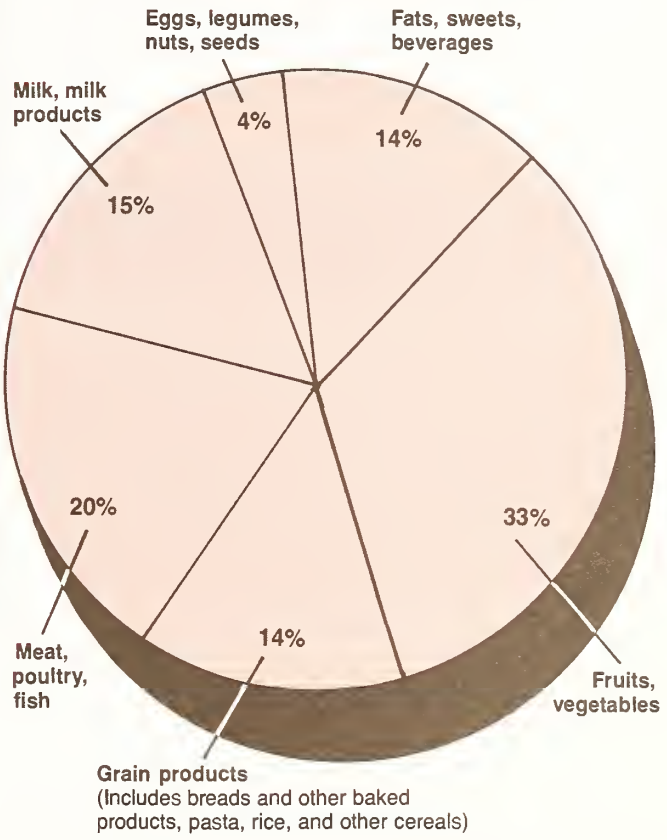
- *Eat a Variety of Foods*
- *Maintain Desirable Weight*
- *Avoid Too Much Fat, Saturated Fat, and Cholesterol*
- *Eat Foods with Adequate Starch and Fiber*
- *Avoid Too Much Sugar*
- *Avoid Too Much Sodium*
- *If You Drink Alcoholic Beverages, Do So in Moderation*

What Is Meant By a Good Food Source?

A good food source of potassium contains a substantial amount of potassium in relation to its calorie content and contributes at least 200 milligrams of potassium in a selected serving size.

The Food and Nutrition Board of the National Academy of Sciences has estimated the minimum requirement for potassium for men and women over 18 years of age to be 2,000 milligrams per day.

Where Do Women Get Potassium?[1]



Source: U.S. Department of Agriculture, Human Nutrition Information Service. Unpublished data from 1985 and 1986. Continuing Survey of Food Intakes by Individuals, 4 days.

[1]Women 19-50 years of age.

As you can see, in 1985 and 1986, one-third of the potassium in the diets of women came from fruits and vegetables. Within this food group, white potatoes provided about one-third of the potassium. Meat, poultry, and fish supplied 20 percent of the potassium. Foods that contain small amounts of potassium but are not considered good sources can contribute significant amounts of potassium to an individual's diet if these foods are eaten often or in large amounts.

Why Do We Need Potassium?

Potassium, a mineral, assists in muscle contraction and in maintaining fluid and electrolyte balance in body cells. Potassium is also important in sending nerve impulses as well as releasing energy from protein, fat, and carbohydrates during metabolism.

Do We Get Enough Potassium?

According to recent USDA surveys, the average intake of potassium by women and men 19 to 50 years of age was above the minimum requirement estimated by the Food and Nutrition Board of the National Academy of Sciences.

How Can We Get Enough Potassium?

Eating a variety of foods that contain potassium is the best way to get an adequate amount. Healthy individuals who eat a balanced diet rarely need supplements. The list of foods can help you select those that are good sources of potassium as you follow the Dietary Guidelines. The list of good sources was derived from the same nutritive value of foods tables used to analyze information for recent food consumption surveys of the U.S. Department of Agriculture, Human Nutrition Information Service.

How To Prepare Foods To Retain Potassium

Potassium is lost in cooking some foods even under the best conditions. To retain potassium:

- Cook foods in a minimal amount of water.
- Cook for the shortest possible time.

What Is a Serving?

The serving sizes used on the list of good sources are only estimates of the amounts of food you might eat. The amount of nutrient in a serving depends on the weight of the serving. For example, 1/2 cup of a cooked vegetable contains more nutrients than 1/2 cup of the same vegetable served raw, because a serving of the cooked vegetable weighs more. Therefore, the cooked vegetable may appear on the list while the raw form does not. The raw vegetable provides the nutrient—but just not enough in a 1/2-cup serving to be considered a good source.

What Are Good Sources Of Potassium?

Food	Selected Serving Size	Potassium Per Serving[1]
BREADS, CEREALS, AND OTHER GRAIN PRODUCTS		
Ready-to-eat cereals:		
Oat flakes, fortified with soy flour	1 ounce	+
100-percent-bran cereals[2]	1 ounce	+ +
FRUITS		
Apricots:		
Dried, cooked, unsweetened	½ cup	+ + +
Dried, uncooked	¼ cup	+ +
Banana, raw	1 medium	+ +
Cantaloup, raw	About ½ cup diced	+
Grapefruit juice:		
Canned or reconstituted frozen, unsweetened	¾ cup	+
Fresh	¾ cup	+
Honeydew melon, raw	About ¾ cup diced	+
Melon balls (cantaloup and honeydew), frozen, unsweetened	½ cup	+
Nectarine, raw	1 medium	+
Orange juice:		
Canned	¾ cup	+
Fresh or reconstituted frozen, unsweetened	¾ cup	+ +
Peaches:		
Dried, cooked, unsweetened	½ cup	+ +
Dried, uncooked	¼ cup	+ +
Pears, dried, cooked, unsweetened	½ cup	+
Pomegranate, raw	1 medium	+ +
Prunes, dried, cooked, unsweetened	½ cup	+ +
Prune juice, unsweetened	½ cup	+ +
Raisins	¼ cup	+
Watermelon, raw	About 1¾ cups diced	+
VEGETABLES		
Artichoke, globe (french), cooked	1 medium	+
Asparagus, cooked	½ cup	+
Beans:		
Green, cooked	½ cup	+
Lima, cooked	½ cup	+ + +
Cauliflower, cooked	½ cup	+
Chard, cooked	½ cup	+ +
Corn, cooked	½ cup	+
Jerusalem artichoke, raw	½ cup	+
Mushrooms, cooked	½ cup	+
Parsnips, cooked	½ cup	+
Peas, green, cooked	½ cup	+
Plantain, green or ripe, boiled	1 medium	+ + +
Potato:		
Baked or boiled, with skin	1 medium	+ + +
Baked or boiled, without skin	1 medium	+ +
Pumpkin, cooked	½ cup	+ +
Rutabaga, cooked	½ cup	+
Spinach, cooked	½ cup	+ +
Squash, winter, cooked, mashed	½ cup	+ + +
Sweetpotato:		
Baked	1 medium	+ +
Boiled	1 medium	+
Tomatoes:		
Raw	1 medium	+
Stewed	½ cup	+ +
Tomato juice, canned	¾ cup	+ +
Tomato-vegetable juice or tomato juice cocktail, canned	¾ cup	+ +
MEAT, POULTRY, FISH, AND ALTERNATES		
Meat and Poultry		
Beef:		
Brisket, braised, lean only	3 ounces	+
Ground; extra lean, lean, or regular; baked or broiled	1 patty	+
Pot roast, braised, lean only	3 ounces	+
Roast, rib, roasted, lean only	3 ounces	+
Shortribs, braised, lean only	3 ounces	+
Steak, lean only:		
Baked or broiled	3 ounces	+
Braised	3 ounces	+
Stew meat, simmered, lean only	3 ounces	+
Chicken, without skin:		
Breast, broiled or roasted	½ breast	+
Leg (thigh and drumstick), broiled or roasted	1 leg	+
Cornish hen, roasted, without skin	½ hen	+
Ham, roasted, lean only:		
Fresh	3 ounces	+
Smoked or cured	3 ounces	+
Lamb, lean only:		
Chop, shoulder; baked, braised, or broiled	1 chop	+
Roast, leg or shoulder, roasted	3 ounces	+

Continued

What Are Good Sources Of Potassium?

Food	Selected Serving Size	Potassium Per Serving[1]
Pork:		
Chop, baked or broiled, lean only	1 chop	+
Cutlet or steak, baked or broiled, lean only	1 cutlet	+ +
Ground, cooked	3 ounces	+
Roast, roasted, lean only:		
Loin	3 ounces	+
Shoulder	3 ounces	+
Turkey, light or dark meat, roasted, without skin	3 ounces	+
Veal, lean only:		
Chop, braised	1 chop	+
Cutlet or steak, pan broiled	1 cutlet	+ +
Roast, leg, roasted	3 ounces	+
Fish and Seafood		
Carp, catfish, flounder, or mullet; baked or broiled	3 ounces	+ +
Haddock, mackerel, or porgy; baked or broiled	3 ounces	+
Clams:		
Canned, drained	3 ounces	+
Steamed or boiled	3 ounces	+
Cod, croaker, pompano, or trout; baked or broiled	3 ounces	+ +
Crabmeat, steamed	3 ounces	+
Lobster, steamed or boiled	3 ounces	+
Mussels, steamed, boiled, or poached	3 ounces	+
Ocean perch, perch, pike, sea bass, or whiting; baked or broiled	3 ounces	+
Oysters:		
Canned, undrained	3 ounces	+
Steamed	3 ounces	+
Salmon:		
Baked or broiled	3 ounces	+
Steamed, poached, or canned; drained	3 ounces	+
Scallops:		
Baked or broiled	3 ounces	+
Boiled or steamed	3 ounces	+
Swordfish steak, baked or broiled	3 ounces	+
Tuna, canned, drained	3 ounces	+

Food	Selected Serving Size	Potassium Per Serving[1]
Dry Beans, Peas, and Lentils		
Beans, cooked:		
Bayo, black, brown, or red kidney	½ cup	+ +
Calico, chickpeas (garbanzo beans), mung, or pinto	½ cup	+
Lima, soybeans, or white	½ cup	+ +
Lentils, cooked	½ cup	+ +
Peas, split, green or yellow, cooked	½ cup	+ +
Soy milk (not baby formula)	1 cup	+
MILK, CHEESE, AND YOGURT		
Milk:		
Buttermilk	1 cup	+ +
Chocolate, made with whole or skim milk	1 cup	+ +
Skim	1 cup	+ +
Whole or lowfat	1 cup	+ +
Milk-based fruit drinks	1 cup	+ + +
Yogurt:		
Flavored, made with lowfat milk	8 ounces	+ +
Frozen	8 ounces	+ +
Fruit, made with lowfat or nonfat milk	8 ounces	+ +
Plain:		
Made with whole milk	8 ounces	+ +
Made with lowfat milk	8 ounces	+ + +

[1]A selected serving size contains at least—

+ 200-349 milligrams
+ + 350-499 milligrams
+ + + 500 or more milligrams

[2]Most 100-percent-bran cereals contain at least 350 milligrams of potassium.

EATING RIGHT
THE DIETARY GUIDELINES WAY

GOOD SOURCES OF NUTRIENTS

DIETARY FIBER

This is one in a series of fact sheets containing information to help you select foods that provide adequate daily amounts of vitamins, minerals, and dietary fiber as you follow the Dietary Guidelines for Americans. The Guidelines are—

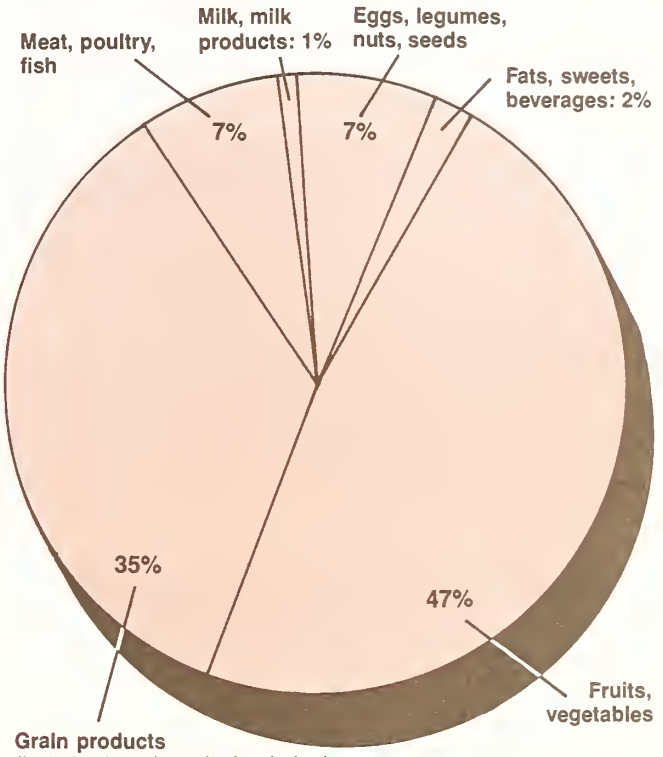
- *Eat a Variety of Foods*
- *Maintain Desirable Weight*
- *Avoid Too Much Fat, Saturated Fat, and Cholesterol*
- *Eat Foods with Adequate Starch and Fiber*
- *Avoid Too Much Sugar*
- *Avoid Too Much Sodium*
- *If You Drink Alcoholic Beverages, Do So in Moderation*

What Is Meant By a Food Source Of Dietary Fiber?

In this fact sheet, a significant source of dietary fiber is defined as a food that contains a substantial amount of dietary fiber in relation to its calorie content and contributes at least 2 grams of dietary fiber in a selected serving size.

The Food and Nutrition Board of the National Academy of Sciences has not set a Recommended Dietary Allowance (RDA) for dietary fiber. However, the importance of dietary fiber has been stressed by several health organizations and the Federal Government. The Dietary Guidelines for Americans published jointly by the U.S. Departments of Agriculture and Health and Human Services recommend eating foods that have adequate amounts of fiber, and one organization, the National Cancer Institute, recommends 20 to 30 grams of fiber per day with an upper limit of 35 grams. For this list of fiber sources, the Human Nutrition Information Service, along with the Food and Drug Administration, decided to use a level of at least 2 grams of dietary fiber per serving.

Where Do Women Get Dietary Fiber?[1]



Source: U.S. Department of Agriculture, Human Nutrition Information Service. Unpublished data from 1985 and 1986. Continuing Survey of Food Intakes by Individuals, 4 days.

[1]Women 19-50 years of age. The percentages provided by the various food groups may not add up to 100 because of rounding.

As you can see, in 1985 and 1986, almost one-half of dietary fiber in the diets of women was supplied by fruits and vegetables and another 35 percent by grain products. Dietary fiber is not found in animal products,

such as milk and meats. The fiber shown in the chart as coming from these groups was contributed by grain products or vegetables added to them. Even foods that contain small amounts of dietary fiber can make an important contribution to an individual's diet if these foods are eaten often or in large amounts.

What Is Dietary Fiber?

Dietary fiber is a complex mixture of plant materials that are resistant to breakdown (digestion) by the human digestive system. There are two major kinds of dietary fiber—insoluble (cellulose, hemicellulose, lignin) and soluble (gums, mucilages, pectins). Insoluble fiber is most frequently found in whole-grain products such as whole-wheat bread. Foods containing soluble fibers are fruits, vegetables, dry beans and peas, and some cereals such as oats.

Why Do We Need Dietary Fiber?

Insoluble fiber promotes normal elimination by providing bulk for stool formation and thus hastening the passage of the stool through the colon. Insoluble fiber also helps to satisfy appetite by creating a full feeling. Some studies indicate that soluble fibers may play a role in reducing the level of cholesterol in the blood.

How Much Dietary Fiber Do Americans Eat?

According to recent USDA surveys, the average intake of dietary fiber by women 19 to 50 years of age is about 12 grams. Intake by men of the same age is about 17 grams.

How Can We Get Enough Dietary Fiber?

Eating a variety of foods that contain dietary fiber is the best way to get an adequate amount. Healthy individuals who eat a balanced diet rarely need supplements. The list of foods will help you select those that are significant sources of dietary fiber as you follow the Dietary Guidelines. The list of sources was derived from the same nutritive value of foods tables used to analyze information for recent food consumption surveys of the U.S. Department of Agriculture, Human Nutrition Information Service.

How To Prepare Foods To Retain Dietary Fiber

Dietary fiber can be reduced in foods during preparation and cooking. To retain dietary fiber:

- Serve fruits and vegetables with edible skins and seeds.
- Use whole-grain flours.

What Is a Serving?

The serving sizes used on the list of sources of dietary fiber are only estimates of the amounts of food you might eat. The amount of nutrient in a serving depends on the weight of the serving. For example, 1/2 cup of a cooked vegetable contains more fiber than 1/2 cup of the same vegetable served raw, because a serving of cooked vegetable weighs more. Therefore, the cooked vegetable may appear on the list while the raw form does not. The raw vegetable provides dietary fiber—but just not enough in a 1/2-cup serving to be a significant source of dietary fiber.

What Are Sources Of Dietary Fiber?

Food	Selected Serving Size[1]
BREADS, CEREALS, AND OTHER GRAIN PRODUCTS	
Bagel, whole-wheat	1 medium
Biscuit, whole-wheat	1 medium
Breads, multigrain, pumpernickel, rye, white and whole-wheat blend, whole-wheat, or whole-wheat with raisins	2 regular slices
Bulgur, cooked or canned	⅔ cup
English muffin, whole-wheat	1
Muffins, bran or whole-wheat	1 medium
Oatmeal:	
Instant, fortified, prepared	⅔ cup
Regular or quick, cooked	⅔ cup
Pita bread, whole-wheat	1 small
Ready-to-eat bran cereals	1 ounce
Rolls:	
Multigrain	1 large
Whole-wheat	1 medium
FRUITS	
Apples:	
Dried, cooked, unsweetened	½ cup
Raw	1 medium
Applesauce, unsweetened	½ cup
Apricots, dried:	
Cooked, unsweetened	½ cup
Uncooked	¼ cup
Banana, raw	1 medium
Blackberries, raw or frozen, unsweetened	½ cup
Blueberries, frozen, unsweetened	½ cup
Dates, chopped	¼ cup
Fruit mixture, dried	¼ cup
Guava, raw	1
Kiwifruit, raw	1 medium
Mango, raw	½ medium
Nectarine, raw	1 medium
Orange, raw	1 medium
Peaches, dried:	
Cooked, unsweetened	½ cup
Uncooked	¼ cup
Pears:	
Canned, juice-pack	½ cup
Dried, cooked, unsweetened	½ cup
Dried, uncooked	¼ cup
Raw	1 medium
Prunes, dried:	
Cooked, unsweetened	½ cup
Uncooked	¼ cup
Raisins	¼ cup
Raspberries, raw or frozen, unsweetened	½ cup
Strawberries, frozen, unsweetened	½ cup
Tangelo, raw	1 medium
VEGETABLES	
Artichoke, globe (french), cooked	1 medium
Beans, green or lima, cooked	½ cup
Beets, cooked	½ cup
Broccoli, cooked	½ cup
Brussels sprouts, cooked	½ cup
Cabbage, cooked	½ cup
Carrots, cooked	½ cup
Okra, cooked	½ cup
Parsnips, cooked	½ cup
Peas, green, cooked	½ cup
Potato, boiled, with skin	1 medium
Snow peas, raw or cooked	½ cup
Spinach, cooked	½ cup
Squash, winter, cooked, mashed	½ cup
Sweetpotato, baked or boiled	1 medium
Tomatoes, stewed	½ cup
MEAT, POULTRY, FISH, AND ALTERNATES	
Dry Beans, Peas, and Lentils	
Beans; black-eyed peas (cowpeas), calico, chickpeas (garbanzo beans), lima, mexican, pinto, red kidney, or white; cooked	½ cup
Lentils, cooked	½ cup
Peas, split, green or yellow, cooked	½ cup
Nuts and Seeds	
Almonds or chestnuts, roasted	2 tablespoons
Peanut butter	2 tablespoons
Pine nuts (pignolias)	2 tablespoons
Pumpkin or squash seeds, hulled, roasted	2 tablespoons
Sesame seeds	2 tablespoons
Sunflower seeds, hulled, unroasted	2 tablespoons

[1]A selected serving size contains at least 2 grams of dietary fiber.

Section C: Facts About Using USDA Household Commodities

K&M Company
TORRANCE, CA 90503
POLY-VU
#PV-1196

FACTS ABOUT USING USDA HOUSEHOLD COMMODITIES

This section consists of a collection of fact sheets that provide basic information on the various household commodities available through the Food Distribution Program on Indian Reservations (FDPIR). They are designed to help participating households use commodity foods to stretch their food resources.

The fact sheets are arranged alphabetically within the following food groups:

- Breads, Cereals, and Pasta Products
- Fruits and Vegetables
- Meats and Meat Alternates
- Milk and Milk Products
- Other Foods

The fact sheets are printed on white paper so that they can easily be duplicated and used in a nutrition education presentation.

CONTENTS

Breads, Cereals, and Pasta Products

Cereals, Ready-to-Eat . . . . . C 3
Cornmeal . . . . . C 5
Farina . . . . . C 7
Flour . . . . . C 9
Macaroni . . . . . C 11
Rice, White . . . . . C 13
Rolled Oats . . . . . C 15
Rolled Wheat . . . . . C 17
Spaghetti . . . . . C 11

Fruits and Vegetables

Canned Fruits . . . . . C 19
Canned Juices . . . . . C 21
Canned Vegetables . . . . . C 23
Potatoes, Instant, Dehydrated . . . . . C 25
Prunes . . . . . C 27
Raisins . . . . . C 29

Meats and Meat Alternates

Beans and Peas, Dry . . . . . C 31
Beef, Pork and Meatball Stew, Canned . . . . . C 35
Chicken, Canned with Natural Juices . . . . . C 37
Egg Mix, Dry . . . . . C 41
Luncheon Meat, Canned . . . . . C 43
Peanut Butter . . . . . C 45
Peanuts, Roasted . . . . . C 47
Salmon, Pink, Canned . . . . . C 49
Tuna . . . . . C 51

Milk and Milk Products

Cheese, American, Pasteurized Process . . . . . C 53
Evaporated Milk . . . . . C 55
Nonfat Dry Milk, Instant . . . . . C 57

Other Foods

Butter . . . . . C 59
Corn Syrup . . . . . C 61
Honey . . . . . C 63
Vegetable Oil . . . . . C 65
Vegetable Shortening . . . . . C 66



READY-TO-EAT CEREALS

Cereals play a major role in the daily nutrition of children and adults alike. At breakfast, for example, less time is available for food preparation and quick-to-serve foods that any household member can prepare are popular choices. In fact, a serving of ready-to-eat cereal with milk is the most frequent at-home food choice for breakfast. Cereals are also good to eat at other times of the day, including snack time.

Cereals Are A Good Source Of:

- ❑ Carbohydrates
- ❑ B-Vitamins
- ❑ Iron
- ❑ Fiber

How Do I Store Them?

It is a good idea to store dry cereals in a glass, plastic, or metal container with a tight-fitting lid. (Or, put the box of cereal in a plastic bag. Squeeze out the extra air, and shut with a twist tie.)

Keep in a cool, dry place.

Ready-to-eat cereal will keep 2 to 3 months after it has been opened.

How Can I Use Them?

Ready-to-eat cereals can be:

- ❑ Eaten dry right from the box.
- ❑ Served with milk, plain or with additional toppings, such as fresh fruit, canned fruit, dried fruit, or nuts.
- ❑ Crushed to make a crispy coating for meat, fish, or chicken.
- ❑ Crushed and substituted for bread in a meatloaf.
- ❑ Crushed to make a topping for casseroles or desserts.
- ❑ Used in recipes for snacks.

Crunchy Toppings for Desserts

1/2 cup sweet ready-to-eat cereal, crushed
Your choice of spices like cinnamon, nutmeg, ginger, or any others, to taste

1. Crush the sweetened cereal into smaller pieces.
2. Mix into cereal any spice or mixture of spices you like in amounts that suit your taste.
3. Sprinkle about 2 tablespoons over a serving of pudding or on top of canned or fresh fruit.

Makes about 1/2 cup of topping.

Crunchy Toppings for Baked Vegetables or Main Dish Casseroles

1/2 cup unsweetened ready-to-eat cereal, crushed
Your choice of herbs such as parsley, onion powder, garlic powder, or basil, to taste
2 tablespoons margarine or butter, melted

1. Crush unsweetened cereal into smaller pieces.
2. Add any herb or mixture of herbs you like in amounts that suit your taste.
3. Mix butter into mixture.
4. Sprinkle on top of a vegetable dish or main dish casserole.
5. Bake at 350°F until the food is tender and done. Baking time will vary depending on the food being baked.

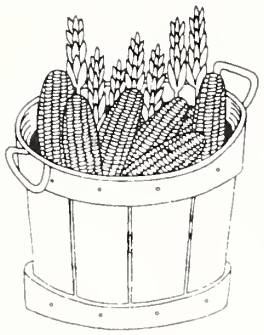
Makes about 1/2 cup of topping.

Crispy Coatings

1 cup any unsweetened ready-to-eat cereal, crushed
Your choice of any herb like parsley, onion powder, garlic powder, basil, black pepper, paprika, or chili powder, to taste
Evaporated milk

1. Crush cereal into crumbs.
2. Add any herb or mixture of herbs you like in amounts to suit your taste. Set aside.
3. Dip large pieces of meat, fish, or vegetables into evaporated milk.
4. Coat each piece with the crushed cereal mixture.
5. Bake at 350°F until tender and done. Baking time will depend on the size of the food pieces.

Makes about 1 cup of coating.



CORNMEAL

Cornmeal is a basic ingredient in many foods. The cornmeal being distributed through the Food Distribution Program is enriched. This means that B-vitamins and iron have been added to the cornmeal to make it more nutritious.

How Can I Use It?

Cornmeal can be used:

- ❑ As a hot cereal
- ❑ In cornbread, spoonbread, rolls, muffins, cookies, and other baked items
- ❑ As a coating for meat, poultry, fish, or vegetables
- ❑ In casseroles, dumplings, pancakes, etc.

How Do I Store It?

Keep in a cool, dry place—not under the kitchen sink or in cabinets above the stove area.

It is a good idea to store cornmeal in a glass, plastic, or metal container with a tight-fitting lid. (Or, put the bag of cornmeal in a plastic bag. Squeeze out the extra air and shut with a twist tie.)

Cornmeal will keep for about 6 months.

NOTE: Sometimes you will find a few black specks in cornmeal. These specks are part of the corn kernel. Do not throw the cornmeal away. It is safe to eat.

Nutritional Value:

A 1-ounce (3-tablespoon) serving of dry, enriched degermed cornmeal provides:

Calories	105	Thiamin	0.12 mg
Protein	2.2 g	Riboflavin	0.07 mg
Carbohydrate	22.2 g	Niacin	0.99 mg
Fat	0.3 g	Iron	0.8 mg
Cholesterol	0	Calcium	2 mg
Vitamin A	125 IU	Phosphorus	28 mg
Vitamin C	0	Potassium	34 mg
		Sodium	Trace

Cornmeal Muffins



1 1/2	cups cornmeal
1/2	cup flour
1/3	cup nonfat dry milk
1/4	cup dry egg mix
4	teaspoons baking powder
1/2	teaspoon salt
1 1/4	cups water
1/4	cup vegetable oil

1. In a large bowl, combine cornmeal, flour, dry milk, dry egg mix, baking powder, and salt.
2. Add water and oil to dry ingredients.
3. Stir only enough to mix well.
4. Fill greased muffin pans half full with mixture.
5. Bake at 425°F for 15 to 20 minutes, or until lightly browned.

Makes 12 muffins.

New Ways with Cornmeal Muffins

Surprise Muffins: After filling muffin pans half full with cornmeal mixture, put 1 teaspoon of jam or jelly on top of batter in each muffin pan. Bake as directed.

Cheese Muffins: Cut 3/4-inch cubes of cheese. Place one cube on top of batter in each muffin pan. Push the cube into the batter with the tip of a table knife. Bake as directed.

Jalapeno Muffins: Add 4 ounces of chopped green chilies or jalapeno peppers and 1/2 cup shredded cheese to the cornmeal muffin batter. Fill pans and bake as directed.

Apple Muffins: Add 3/4 cup of chopped apples to the cornmeal muffin batter. Fill pans and bake as directed.

Carrot Muffins: Add 1/2 cup of shredded carrots to the cornmeal muffin batter. Fill pans and bake as directed.



FARINA

Farina is a quick-cooking, enriched wheat cereal. Enriched means that B-vitamins (thiamin, riboflavin, and niacin) as well as blood-building iron have been added to it.

Farina can be enjoyed by all members of the family, including baby. Since some babies are allergic to wheat, consult your doctor before using farina. When feeding your baby farina, thin it with formula—not milk.

How Can I Use It?

Farina can be used:

- ❑ As a hot cereal
- ❑ In breads, rolls, muffins, cookies, and other baked items
- ❑ In casseroles, dumplings, pancakes, etc.

Farina can be used in place of cornmeal in many recipes.

How Do I Store It?

Keep in a cool, dry place.

It is a good idea to store farina in a glass, plastic, or metal container with a tight-fitting lid. (Or, put the box of farina in a plastic bag. Squeeze out the extra air and shut with a twist tie.)

Farina will keep for about 6 months.

Surprise Cornbread



2	cups farina
2	cups sifted flour
2	tablespoons baking powder
1/4	cup dry egg mix
2	cups water
1	cup evaporated milk
1/3	cup honey
1/2	cup oil

1. Turn on oven to 425°F.
2. In a large bowl, combine the farina, flour, baking powder, and dry egg mix.
3. In a smaller bowl, combine the water, milk, honey, and oil.
4. Pour liquid mixture over dry ingredients. Stir well, but do not over mix.
5. Pour into a well-greased 9- by 13-inch pan.
6. Bake for 20 minutes or until golden brown on top.

Makes 12 servings.

Source: Nutrition Branch, Oklahoma City Area, Indian Health Service.

Farina Cookies



3/4	cup margarine or butter
1/2	cup sugar
1/4	cup water
1	teaspoon vanilla
1 1/2	cups flour
1/2	cup farina
1/4	cup egg mix
1	teaspoon baking powder
1/2	cup raisins (chopped) **or** 1/4 cup raisins (chopped) *plus* 1/4 cup peanuts (chopped)

1. Turn on oven to 350°F.
2. Measure flour, farina, egg mix, baking powder, and raisins (plus peanuts, if used) into a small bowl.
3. In a large bowl, beat together butter, sugar, water, and vanilla.
4. Add the flour mixture. Mix well.
5. Put teaspoons of batter on a lightly-greased baking sheet.
6. Bake for 15 minutes or until lightly browned.

Makes about 30 cookies.

Source: Nutrition Branch, Oklahoma City Area, Indian Health Service.



FLOUR

Flour is a very important ingredient in home baking. It forms the framework for almost every baked product. It is also used as a thickening agent in sauces and gravies. Flour is a good source of carbohydrates, B-vitamins, and iron.

The Food Distribution Program offers several types of flour.

Know Your Types of Flour:

All-purpose flour is the most common type of flour. It can be used to make a wide range of baked products—yeast breads, cakes and cookies, pastries and noodles—to name a few. If you use only one type of flour, it should be all-purpose flour.

Bread flour is similar to all-purpose flour, except it has more protein. This extra protein helps it make excellent yeast breads and rolls. Bread flour is not recommended for making cakes, pie crusts, or quick breads.

Whole wheat flour is rich in B-vitamins and protein, and contains more trace minerals and dietary fiber than other types of wheat flour. In most cases, you can use whole wheat flour for about one-third of the all-purpose flour called for in a recipe. Because whole wheat flour absorbs liquid more slowly than other flours, yeast breads may also take longer to knead.

How Do I Store It?

Keep in a cool, dry place—not under the kitchen sink or in cabinets above the stove.

It is a good idea to store flour in a glass, plastic, or metal container with a tight-fitting lid. A clean 3-pound coffee can works well. (Or, put the bag of flour in a plastic bag. Squeeze out the extra air and shut with a twist tie.)

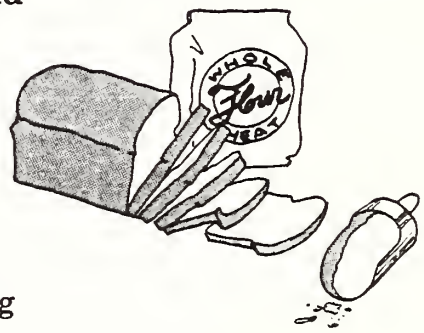
Flour will stay fresh for 6 months to a year.

Nutritional Value:

One ounce (3 1/2 tablespoons) of unsifted, enriched all-purpose flour provides:

Calories	105	Thiamin	0.18 mg
Protein	3.0 g	Riboflavin	0.11 mg
Carbohydrate	21.6 g	Niacin	1.50 mg
Fat	0.3 g	Iron	0.8 mg
Cholesterol	0	Calcium	4 mg
Vitamin A	0	Phosphorus	25 mg
Vitamin C	0	Potassium	27 mg
		Sodium	1 mg

No-Knead Whole Wheat Bread



2	packages yeast
2 3/4	cups warm water (95-105°F)
3	cups whole wheat flour
3 1/2	cups all-purpose flour
1/4	cup honey
1	teaspoon salt
3	tablespoons vegetable shortening

1. Dissolve yeast in water and let set for a few minutes.

2. Add 2 cups whole wheat flour, 1 1/2 cups all-purpose flour, honey, salt, and shortening to yeast mixture. Mix for about 2 minutes.

3. Add remaining 1 cup whole wheat flour and 2 cups all-purpose flour. Stir until all is moist. Scrape down bowl.

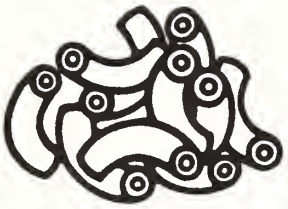
4. Cover with a towel and let rise in a warm place for 1 hour.

5. Stir down and divide dough into two portions. Place each portion in a 5- x 9-inch loaf pan.

6. Smooth tops with oiled hands and let rise for 1 hour.

7. Bake 40 to 50 minutes in a 350°F oven.

Makes 2 loaves (16 slices per loaf).



MACARONI and SPAGHETTI

Macaroni and spaghetti are two types of pasta. They are made from a special type of flour and are enriched with thiamin, riboflavin, niacin, and iron. Macaroni, spaghetti, and other pasta products are a good source of complex carbohydrates.

How Can I Use Them?

Macaroni, spaghetti, and similar pasta products may be:

- ❑ Served plain with margarine or butter and a dash of garlic powder
- ❑ Combined with tomato or meat sauce
- ❑ Used in recipes for soups, casseroles, or salads
- ❑ Combined with eggs, meat, poultry, fish, vegetables, or cheese

They are good served both hot and cold.

How Do I Store Them?

Store pasta products in a cool, dry place.

After opening, store pasta products in a tightly-covered container.

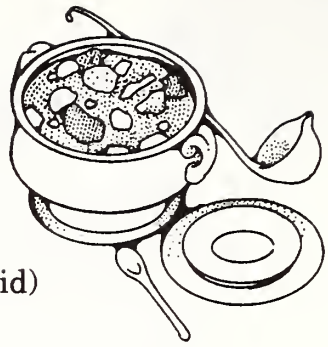
If stored properly, pasta products will keep for about 2 years.

Nutritional Value:

A 1/2 cup serving of cooked (unsalted) enriched macaroni or spaghetti cooked to the tender stage provides:

Calories	80	Thiamin	0.07 mg
Protein	2.4 g	Riboflavin	0.03 mg
Carbohydrate	16.1 g	Niacin	0.77 mg
Fat	0.3 g	Iron	0.6 mg
Cholesterol	0	Calcium	6 mg
Vitamin A	0	Phosphorus	35 mg
Vitamin C	0	Potassium	43 mg
		Sodium	1 mg

Macaroni Chili Con Carne



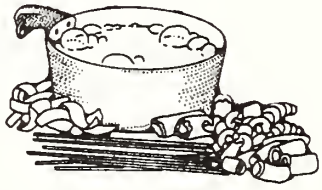
1	medium onion, chopped
1/2	green pepper, chopped
2	cloves garlic, minced (optional)
1	tablespoon margarine or butter
1	can beef, rinsed
1	can vegetarian beans, drained (save liquid)
1 1/2	cups bean liquid with added water
1	tablespoon chili powder
1	cup macaroni, uncooked
1/2	cup shredded cheese

1. Melt butter in large pot.
2. Add chopped vegetables and meat. Cook until lightly browned.
3. Drain off any excess fat.
4. Add remaining ingredients **except** cheese. Mix well.
5. Boil gently about 15 minutes until macaroni is tender. Stir gently to keep from sticking.
6. Top with cheese before serving.

Makes 8 servings, about 1 cup each.

Source: **Commodity Classics Cookbook**, Cherokee Nation Coalition for Diabetes Prevention and Cherokee Nation Donated Foods Program, November 1990.

Macaroni Salad



2	cups macaroni, cooked and drained
1/4	cup celery, sliced
1/4	cup carrot, coarsely shredded
2	tablespoons onion, chopped
2	tablespoons salad dressing (mayonnaise-type)
2	teaspoons vinegar
1	teaspoon prepared mustard
1/8	teaspoon pepper

1. Combine macaroni, celery, carrot, and onion.
2. In a small bowl, mix together salad dressing, vinegar, mustard, and pepper.
3. Stir salad dressing mixture into macaroni mixture. Mix well.
4. Chill before serving.

Makes 4 servings, 1/2 cup each.



WHITE RICE

Rice is a very nutritious food that can be used in a lot of ways. The white rice being distributed by the Food Distribution Program has been enriched with B-vitamins and iron. To keep these important nutrients in the rice, **do not** wash or rinse the rice.

How Can I Use It?

Rice can be used:

- ❑ As a side dish
- ❑ In soups and salads
- ❑ In main dishes
- ❑ In desserts

How Do I Store It?

Store unopened packages in a cool, dry place.

Keep opened packages tightly closed. It is a good idea to put the rice in a glass, plastic, or metal container with a tight-fitting lid. (Or, put the bag of rice inside another plastic bag. Squeeze out the extra air and shut with a twist tie.)

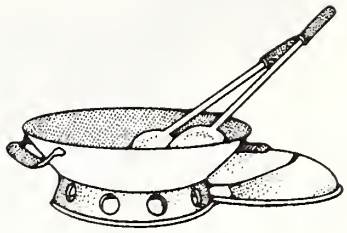
If stored properly, white rice will keep for about 2 years.

Nutritional Information:

A 1/2-cup serving of cooked, enriched, long-grain white rice, with no salt added, provides:

Calories	110	Thiamin	0.10 mg
Protein	2.0 g	Riboflavin	0.01 mg
Carbohydrate	24.8 g	Niacin	1.02 mg
Fat	0.1 g	Iron	1.4 mg
Cholesterol	0	Calcium	10 mg
Vitamin A	0	Phosphorus	29 mg
Vitamin C	0	Potassium	29 mg
		Sodium	2 mg

Fried Rice and Meat

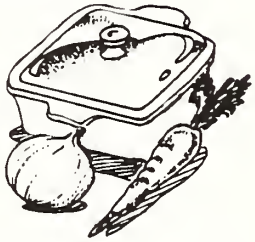


- 1/2 small onion, chopped
- 2 tablespoons oil
- 1 cup of finely cut-up canned meat, canned luncheon meat, cooked ham, pork, or chicken
- 4 cups cooked rice, cooled
- 2 tablespoons soy sauce
- 1 egg
- 1 1/2 cups cooked vegetables (carrots, peas, etc.)

1. Heat oil in large frying pan. Add onion and meat.
2. Cook and stir over medium heat until onion is tender.
3. Add rice and soy sauce. Lower heat and cook 10 minutes.
4. Beat egg well.
5. Stir egg and cooked vegetables into rice mixture. Cook and stir 5 minutes.

Makes 6 servings, about 1 cup each.

Oven Calico Rice



- 1 cup rice (uncooked)
- 1/2 cup shredded carrot
- 1/2 cup chopped celery
- 2 tablespoons finely chopped onion
- 2 cups water
- 2 tablespoons margarine or butter
- 2 teaspoons instant chicken bouillon granules

1. In an 8- x 8-inch baking dish, combine rice, carrot, celery, and onion.
2. In a saucepan, heat water, butter, and bouillon granules to boiling. Pour over rice mixture.
3. Cover and bake in 350°F oven for 45 to 50 minutes or until rice is tender. Stir after 20 minutes.

Makes 6 servings, 1/2 cup each.



ROLLED OATS

Rolled oats is another name for oatmeal. Rolled oats is a quick-cooking whole grain cereal that can be substituted for rolled wheat in any recipe.

Whole grain breads and cereals are important to the diet. They contain more fiber than refined products. Whole grain foods are also a good source of B-vitamins and iron.

How Can I Use It?

Rolled oats can be used:

- ❑ As a hot cereal
- ❑ As a meat extender in meat loaf or meat patties
- ❑ In breads, rolls, muffins, cookies, and other baked items
- ❑ As a topping for crisps and cakes

How Do I Store It?

Keep in a cool, dry place.

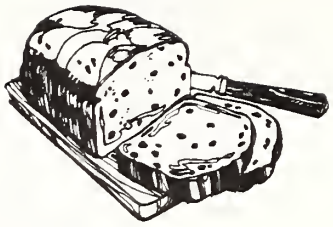
It is a good idea to store rolled oats in a glass, plastic, or metal container with a tight-fitting lid. (Or, put the bag of rolled oats in a plastic bag. Squeeze out the extra air and shut with a twist tie.)

Rolled oats will keep about 6 months.

Nutritional Value:
A 1/2-cup serving of cooked rolled oats with no added salt provides:

Calories	75	Thiamin	0.14 mg
Protein	3.2 g	Riboflavin	0.02 mg
Carbohydrate	13.3 g	Niacin	0.16 mg
Fat	1.2 g	Iron	0.9 mg
Cholesterol	0	Calcium	10 mg
Vitamin A	15 IU	Phosphorus	94 mg
Vitamin C	0	Potassium	69 mg
		Sodium	1 mg

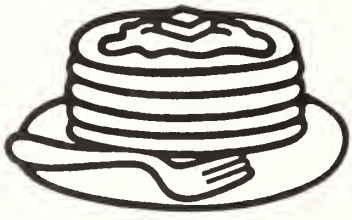
Quick Oatmeal Raisin Bread



- 1 1/3 cups flour
- 3/4 cup brown sugar, packed
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1/2 teaspoon nutmeg
- 1 1/2 cups uncooked quick-cooking rolled oats
- 1 cup raisins
- 1 egg
- 1 1/3 cups milk
- 1/4 cup oil

1. Mix flour, brown sugar, baking powder, salt, and nutmeg in a large bowl.
2. Stir in rolled oats and raisins. Set aside.
3. Beat egg and add milk. Add oil.
4. Pour liquid mixture into rolled oats mixture. Stir just until dry ingredients are moistened.
5. Fill three greased food cans (about 2 cup size) or one loaf pan half full.
6. Bake at 350°F (moderate oven) 50 to 55 minutes or until bread leaves sides of cans or pan.
7. Remove from cans or pan before cooling.

Oatmeal Pancakes



- 3/4 cup flour (whole wheat or all-purpose)
- 1 1/2 cups rolled oats
- 4 teaspoons baking powder
- 1/2 cup nonfat dry milk
- 1/2 cup egg mix
- 2 cups water
- 1 tablespoon oil
- 1 tablespoon honey

1. Mix dry ingredients.
2. Add water, oil, and honey. Stir to wet dry ingredients.
3. Let stand 5 minutes.
4. Pour 1/4 cup batter for each pancake onto heated, greased or non-stick frying pan.
5. Turn when bubbles form.

Makes 12 (4-inch pancakes)

Source: **Commodity Classics Cookbook**, Cherokee Nation Coalition for Diabetes Prevention and Cherokee Nation Donated Foods Program, November 1990.



ROLLED WHEAT

Rolled wheat is a quick-cooking, whole grain cereal that can be used in place of rolled oats in recipes.

Whole grain breads and cereals are important to the diet. They contain more fiber than refined products. Whole grain foods are also a good source of B-vitamins and iron.

How Can I Use It?

Rolled wheat can be used:

- ❑ As a hot cereal with milk
- ❑ As a meat extender in meat loaf or meat patties
- ❑ In breads, rolls, muffins, cookies, and other baked items
- ❑ As a topping for fruit crisps and cakes

How Do I Store It?

Keep in a cool, dry place.

It is a good idea to store rolled wheat in a glass, plastic, or metal container with a tight-fitting lid. (Or, put the bag of rolled wheat in a plastic bag. Squeeze out the extra air and shut with a twist tie.)

Rolled wheat will keep about 6 months.

Nutritional Information:

A 1/2 cup serving of cooked rolled wheat with no added salt provides:

Calories	75	Thiamin	0.08 mg
Protein	2.4 g	Riboflavin	0.06 mg
Carbohydrate	16.6 g	Niacin	1.08 mg
Fat	0.5 g	Iron	0.7 mg
Cholesterol	0	Calcium	8 mg
Vitamin A	0	Phosphorus	84 mg
Vitamin C	0	Potassium	86 mg
		Sodium	0

Toasty Peach Crisp

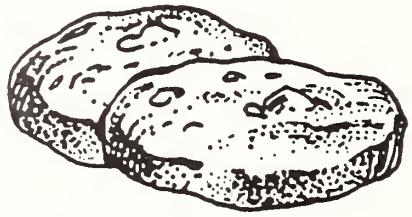


- 1/3 cup flour
- 1/2 teaspoon cinnamon
- 1/2 cup brown sugar, packed
- 1 cup uncooked quick-cooking rolled wheat
- 1/3 cup margarine or butter
- 5 cups fresh or canned sliced peaches, drained
- 1/2 cup white sugar (for fresh peaches only)

1. Combine flour, cinnamon, brown sugar, and rolled wheat.
2. Mix in butter with a fork until mixture is crumbly. Set aside.
3. If using fresh peaches, mix peaches with sugar. Put peaches in a greased baking pan.
4. Sprinkle crumb mixture on top.
5. Bake at 375°F (moderate oven) about 30 minutes or until fruit is tender and top is browned.

Makes 6 servings, about 2/3 cup each.

Peanut Butter Rolled Wheat Cookies



- 1 cup whole wheat flour
- 1/2 cup nonfat dry milk
- 1 teaspoon baking powder
- 1/4 cup dry egg mix
- 1/2 cup margarine or butter
- 1/2 cup peanut butter
- 1/2 cup honey
- 1 teaspoon vanilla
- 1/2 cup water
- 1 1/4 cups rolled wheat
- 1 cup raisins

1. Turn on oven to 375°F.
2. In a small bowl, combine flour, dry milk, baking powder, and dry egg mix. Mix well. Set aside.
3. In a large bowl, beat together butter, peanut butter, honey, vanilla, and water. Mix well.
4. Stir the flour mixture into the peanut butter mixture. Mix well.
5. Stir in rolled wheat and raisins.
6. Put teaspoons of batter on a lightly-greased baking sheet.
7. Flatten with a fork dipped in water.
8. Bake for 12 to 15 minutes.

Makes 24 cookies.



CANNED FRUITS

Fruits are "nature's sweet tooth" and a welcomed addition or ending to any meal. They also are good snack choices. Fruits are good sources of vitamins A and C, carbohydrates, and fiber. Best of all, fruits contain no fat and are low in calories.

All fruits do not contain the same nutrients. However, by including a variety of fruits in the diet, a good balance of many of the major nutrients needed by the body can be obtained.

How Many Servings Of Fruits Do I Need Each Day?

Two or more servings of various fruits are suggested. Be sure to include citrus fruits or juices, melons, or berries regularly.

What Counts As A Serving?

- ❑ 1 medium apple, orange, banana, etc.
- ❑ 1/2 cup of fresh, cooked, or canned fruit

What's In The Can?

Commodity fruits are packed in light syrup, lightly sweetened fruit juices, or their own juice.

How Do I Store?

Before the can is opened, store it in a cool, dry place.

After the can is opened, store any unused fruit in the refrigerator in a covered container that is not metal. Metal containers are safe to use, but they can give a strange flavor and color to foods stored in them.

Leftover fruit can be safely stored in the refrigerator for approximately 4 days.

Food Safety:

Canned foods are safe as long as the can is not damaged. A damaged can will leak at the seams or bulge at the top or bottom lids. Food from damaged cans should not be eaten.

Sometimes cans are dented but not damaged. Food from a dented can is probably safe to eat. Check dented cans carefully for signs of leaks or bulges **before** eating the food in them.

How Do I Prepare?

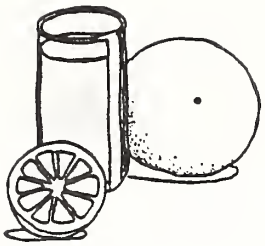
Step 1: Before opening the can:

- ❑ Check for any leaks or bulges.
- ❑ Clean off any dirt from the top lid.

Step 2: After opening the can:

- ❑ Serve the fruit chilled.
- ❑ Use the fruit in recipes for main dishes, breads, salads, or desserts.

> **NOTE:** To reduce the amount of sugar in canned fruits packed in syrup, drain the fruit and throw away the syrup. To get rid of more sugar, rinse the fruit under running water.



CANNED JUICES

Not only can we eat fruits and vegetables, we can also drink them! Fruit and vegetable juices are nutritious and delicious. Some juices, like orange juice, grapefruit juice, and tomato juice, have a lot of vitamin C in them naturally. Other juices, such as apple juice, pineapple juice, and grape juice, are fortified with vitamin C.

"Fortified with vitamin C" means that vitamin C has been added to the juice. Drinking fruit and/or vegetable juices is a quick and easy way to get the vitamin C our bodies need.

Always remember to shake canned juices well before pouring.

How Can I Use Them?

Canned fruit juices can be:

- ❑ Chilled and served as is
- ❑ Used to make fruit punch
- ❑ Used to make sauces, syrups, jellies, desserts, etc.
- ❑ Frozen and eaten (juice popsicles)

Canned vegetable juices can be:

- ❑ Chilled and served as is
- ❑ Used to make soups, stews, sauces, etc.

How Do I Store Them?

Store in a cool, dry place.

After juice has been opened, refrigerate the unused portion.

Use leftover juice within 2 or 3 days.

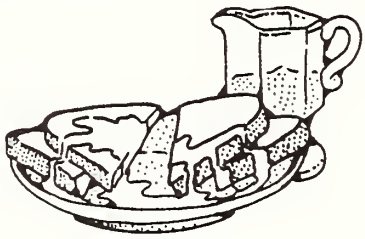
Fruit Popsicles



Fruit juice
5-oz. paper cups
Wooden sticks or plastic spoons

1. Pour juice into paper cups. Fill to within 1/2 inch of top.
2. Put in freezer for 1 hour (juice should be partially frozen).
3. Remove from freezer and place stick or spoon down into the center of each cup. Return cups to freezer.
4. Freeze for about 3 hours or until juice is completely frozen.
5. To remove popsicle from cup, warm cup between hands until popsicle can be pulled out by the handle.

Grape Juice Syrup

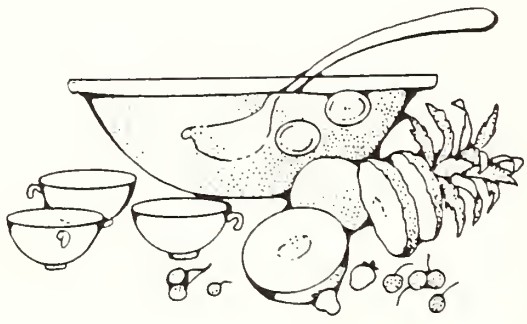


1 1/2	tablespoons cornstarch
1/4	cup sugar
2	cups grape juice
1/4	cup orange juice

1. In a saucepan, combine cornstarch and sugar.
2. Stir in grape juice.
3. Cook over low heat, stirring constantly, until syrup bubbles and thickens.
4. Remove from heat and stir in orange juice.
5. Serve warm on pancakes, waffles, french toast, etc. Refrigerate any leftover syrup for up to 2 weeks, Reheat before using again.

Makes 10 servings, 1/4 cup each.

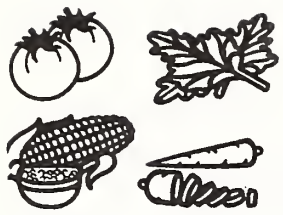
Party Punch



1	46-oz. can pineapple juice
1	46-oz. can orange juice
1	46-oz. can apple juice
1	32-oz. bottle club soda
1	32-oz. bottle ginger ale

1. Thoroughly chill all ingredients.
2. Mix three juices together.
3. Add club soda and ginger ale just before serving.

Makes 25 servings, 8 oz. each.



CANNED VEGETABLES

Vegetables are rich sources of vitamins and minerals. They also provide carbohydrates and fiber. Best of all, vegetables, with the exception of olives and avocados, contain no fat and few calories. This makes them an excellent choice for a "heart healthy" diet.

Vegetables are important in special diets for people who must avoid animal protein, reduce cholesterol and fat in the diet, or lose weight.

Not all vegetables contain the same nutrients. By including a variety of vegetables in the diet, a good balance of many of the major nutrients needed by the body can be obtained.

How Are Vegetables Grouped?

Vegetables are divided into five basic groups. These groups are dark-green leafy vegetables, deep-yellow vegetables, dry beans and peas (legumes), starchy vegetables, and other vegetables.

How Many Servings Of Vegetables Do I Need Each Day?

Three or more servings of various vegetables are suggested.

Be sure to:

- ❑ Eat dark-green leafy and deep-yellow vegetables often
- ❑ Eat dry beans and peas often
- ❑ Eat starchy vegetables, such as potatoes and corn

What Counts As A Serving?

- ❑ 1/2 cup of cooked vegetables
- ❑ 1/2 cup of chopped raw vegetables
- ❑ 1 cup of leafy raw vegetables, such as lettuce or spinach

What Is In The Can?

The vegetables are canned in water with some salt added to preserve them.

How Do I Store?

Before the can is opened, store it in a cool, dry place.

After the can is opened, store any unused vegetable in the refrigerator in a covered container that is not metal. Metal containers are safe to use, but they can give a strange flavor and color to foods stored in them.

Leftover vegetables can be safely stored in the refrigerator for up to 4 days.

Food Safety:

Canned foods are safe as long as the can is not damaged. A damaged can will leak at the seams or bulge at the top or bottom lids. Food from damaged cans should not be eaten.

Sometimes cans are dented but not damaged. Food from a dented can is probably safe to eat. Check dented cans carefully for signs of leaks or bulges **before** eating the food in them.

How Do I Prepare?

Step 1: Before opening the can:

- ❑ Check for any leaks or bulges.
- ❑ Clean off any dirt from the top lid.

Step 2: After opening the can:

- ❑ Serve the vegetable cold.
- ❑ Warm the vegetable and serve.
- ❑ Use the vegetable as an ingredient in a casserole, salad, etc.

NOTE: To reduce the amount of salt in canned vegetables, drain the vegetables and throw away the liquid. To get rid of more salt, rinse the vegetables under running water.



INSTANT POTATOES, DEHYDRATED

Dehydrated instant potatoes are dry potato flakes. Dehydrated means the moisture (water) has been taken out of the potatoes. This way, the potatoes will last longer. All you have to do is add a few simple ingredients, and presto. . . . you have mashed potatoes!

To make instant dehydrated potatoes even more nutritious, vitamins A and C have been added to them.

How Can I Use Them?

Mix instant dehydrated potatoes with water, milk, butter, and salt and make:

- ❑ Mashed potatoes
- ❑ Potato patties and puffs
- ❑ Toppings for meat pies

You can also use instant dehydrated potatoes:

- ❑ To make cream of potato soup
- ❑ In casseroles
- ❑ To thicken soups and sauces
- ❑ In yeast breads and quick breads

How Do I Store Them ?

Store in a cool, dry place.

After opening the package, keep the unused instant potatoes in a tightly-covered container. (A large jar or coffee can with lid works well.)

Keep any leftover prepared potatoes in a covered container in the refrigerator.

Cream of Potato Soup



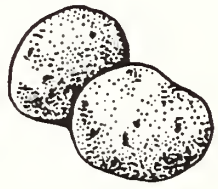
- 2 tablespoons margarine or butter
- 1 medium onion, finely chopped
- 1/2 teaspoon salt
- 6 cups milk (Mix 2 cups nonfat dry milk with 6 cups water **or** 3 cups evaporated milk with 3 cups water.)
- 1 1/2 cups instant potato flakes

1. Melt butter in a large pan. Add the onion and cook until transparent.
2. Add the milk and salt. Heat until just boiling.
3. Remove from heat and stir in the dry potatoes.
4. Cover pan. Let stand 3 to 5 minutes.
5. Serve hot.

Makes 6 servings, 1 cup each.

Source: Oklahoma City Area Indian Health Service

Cheesy Baked Potatoes and Spinach



- 2 cups water
- 1 tablespoon onion, finely chopped
- 2 tablespoons margarine or butter
- 1 1/2 cups instant potato flakes
- 1/4 cup nonfat dry milk powder
- 1/4 cup dry egg mix
- 1/4 teaspoon pepper
- 3/4 cup cheese, grated
- 1 can spinach

1. Put water, onion, and butter in a saucepan.
2. Heat until water boils. Remove saucepan from heat.
3. While water is heating, mix potato flakes, dry milk, dry egg mix, and pepper together in a bowl.
4. Add potato flake mixture to boiling water. Stir until liquid is absorbed.
5. Stir cheese into potatoes.
6. Drain spinach. Press out any extra liquid.
7. Put spinach in the bottom of an oiled 8- by 8-inch pan.
8. Spread potato mixture over the top of the spinach.
9. Bake at 425°F for 20 minutes, or until top is lightly browned. Serve hot.

Makes 8 servings, 1/2 cup each.



PRUNES

A prune is a sun-ripened, dried plum. Prunes are high in fiber, low in fat, and delicious.

How Can I Use Them?

Prunes can be used in place of raisins. Use prunes:

- ❑ As they come from the package
- ❑ Cooked for breakfast
- ❑ In cereals, salads, stuffings, etc.
- ❑ In pies, cakes, cookies, quick breads, and other baked items
- ❑ As a garnish (hot or cold) for main dishes

How Do I Store Them?

Store prunes in a cool, dry place.

Keep opened packages tightly closed. It is a good idea to put the opened package inside another plastic bag. Squeeze out the extra air and shut with a twist tie.

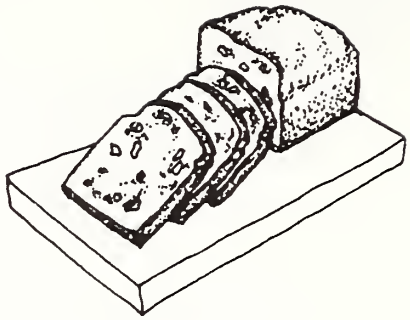
If stored properly, prunes will stay fresh for about 6 months.

Nutritional Value:

A 1/4-cup serving of cooked prunes, without added sugar, provides:

Calories	60	Thiamin	0.01 mg
Protein	0.6 g	Riboflavin	0.05 mg
Carbohydrate	14.9 g	Niacin	0.27 mg
Fat	0.1 g	Iron	0.6 mg
Cholesterol	0	Calcium	12 mg
Vitamin A	122 IU	Phosphorus	19 mg
Vitamin C	1.2 mg	Potassium	177 mg
		Sodium	1 mg

High Fiber Prune Oat Bread



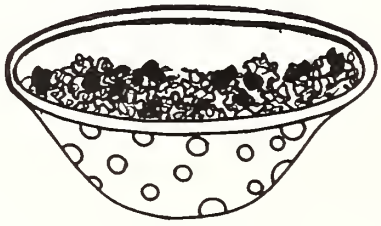
1 1/2	cups chopped, pitted prunes
1	cup rolled oats
1 1/2	teaspoons baking soda
1/2	teaspoon salt
1/4	cup margarine or butter
1	cup boiling water
2	eggs
3/4	cup brown sugar, packed
1	cup all-purpose flour
1/4	cup whole wheat flour

1. Combine prunes, oats, soda, salt, and butter in a bowl.
2. Add boiling water; stir. Set aside.
3. In large bowl, beat eggs and sugar until well blended.
4. Add flours; mix. Batter will be stiff.
5. Add prune mixture; beat until well blended.
6. Pour into greased 8 1/2- x 4 1/2- x 3-inch loaf pan.
7. Bake in preheated 350°F oven for 1 hour or until pick inserted into center comes out clean.
8. Cool in pan 10 minutes. Remove to rack to finish cooling.

Makes 1 large loaf.

Source: California Prune Board

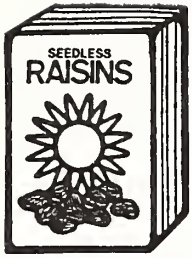
Granola



1/2	cup honey
1/4	cup margarine or butter, melted
3	cups rolled oats or rolled wheat
1/2	cup nonfat dry milk powder
1/4	cup whole wheat flour
1	cup peanuts, chopped
1	teaspoon cinnamon or nutmeg (optional)
1	cup cut-up dried, pitted prunes (or raisins)

1. Stir honey into melted butter.
2. In a large bowl, combine oats, dry milk powder, flour, peanuts, and cinnamon.
3. Stir honey mixture into dry ingredients. Stir until evenly coated.
4. Bake in shallow pan at 300°F for 20 minutes. Stir every 5 minutes.
5. Remove oatmeal mixture from oven. Stir in prunes.
6. Cool and store in an airtight container.

Makes 24 servings, 1/3 cup each.



RAISINS

Raisins are made from sweet grapes that have had about 85% of the water removed. They taste great and are a good source of carbohydrates and iron.

How Can I Use Them?

Raisins can be:

- ❑ Enjoyed as a snack right from the box
- ❑ Added to hot or cold cereals
- ❑ Used in sandwich fillings, rice dishes, stuffings, salads, etc.
- ❑ Baked in cookies, cakes, pies, biscuits, muffins, or breads
- ❑ Stirred into yogurt, custard, or pudding
- ❑ Combined with peanuts, sunflower seeds, and granola

How Do I Store Them?

Store in a cool, dry place—not under the kitchen sink or in cabinets over the stove.

Once the package is opened, store raisins in a tightly-covered container or plastic bag in the refrigerator. You can keep raisins in the freezer, too. Raisins will thaw quickly at room temperature.

If the raisins form sugar crystals or dry out, soak them in hot tap water for 2 to 5 minutes. This will dissolve the sugar and soften the raisins.

Food Safety:

Raisins may cause children under 1 year of age to choke. Raisins are sticky and need to be chewed well before they are swallowed. Some young children do not always chew their food well.

Do **not** feed raisins from the box to children under 1 year old. However, young children can enjoy eating cooked raisins. Cook raisins in a little water until they are soft. Then mash them with a fork to break them up into smaller pieces.

Nutritional Value:

A 1/4 cup serving of raisins provides:

Calories	110	Thiamin	0.06 mg
Protein	1.2 g	Riboflavin	0.03 mg
Carbohydrate	28.7 g	Niacin	0.30 mg
Fat	0.2 g	Iron	0.8 mg
Cholesterol	0	Calcium	18 mg
Vitamin A	3 IU	Phosphorus	35 mg
Vitamin C	1.2 mg	Potassium	272 mg
		Sodium	4 mg

Raisin Butter



1 1/2	cups raisins
3/4	cup orange juice
1/2	teaspoon cinnamon
dash	ground cloves

1. Combine all ingredients in a saucepan.
2. Bring to a boil. Lower heat and simmer, uncovered, for 10 minutes.
3. Whip in a blender or mash with a fork until smooth.
4. Store in the refrigerator.
5. Serve on bread, muffins, biscuits, and rolls.

Makes 1 1/2 cups (24 servings, 1 tablespoon each).

Raisin-Carrot Rice



1	onion, finely chopped
2	tablespoons oil
1	cup rice
2 1/4	cups beef bouillon
1/2	teaspoon black pepper
2/3	cup raisins
3	carrots, grated

1. Cook onion in oil until soft.
2. Stir in rice, bouillon, and pepper.
3. Cover and simmer for 15 minutes.
4. Stir in raisins and carrots. Cover and cook for 15 more minutes.

Makes 6 servings, 3/4 cup each.



DRY BEANS and PEAS

Dry beans and peas are high in nutrients. They have little fat and are a good source of fiber. There are many varieties of dry beans and peas, and they are all delicious.

Know Your Dry Beans and Peas:

Black Beans



Blackeye Peas



Chick Peas (Garbanzo)



Kidney Beans



Lentils



Lima Beans



Split Peas



Pinto Beans



White Beans (Great Northern, Navy)



How Can I Use Them?

One type of dry beans or peas can be used by itself or mixed with other kinds of beans and peas. Dry beans and peas can be:

- ❑ Served as a main dish
- ❑ Served as a side dish
- ❑ Used in soups, casseroles, and salads

Each day adults and children need 2 to 3 servings of foods from the meat group.

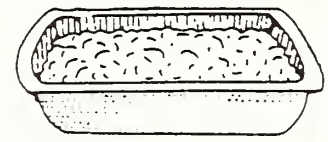
A serving is:
- 2 to 3 ounces of lean meat, fish, or poultry
- 1 to 1 1/2 cups cooked dry beans
- 4 tablespoons of peanut butter
- 2 eggs

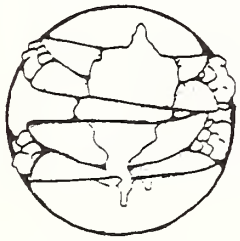
Make a Meal Complete with Meat. . .

The quality of the protein in dry beans and peas is different from the protein in meat and dairy products. Combine dry beans and peas with grains, milk, or cheese to improve the protein quality.

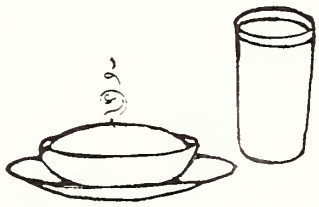
DRY BEANS AND PEAS with MILK AND CHEESE

Bean and Cheese Casserole



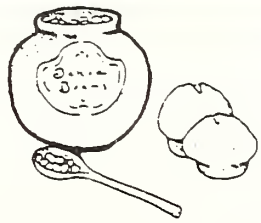


Burritos with Cheese

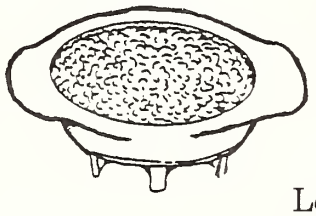


Pea Soup with Milk

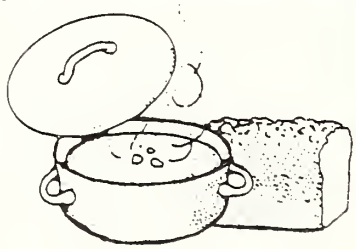
BREAD AND CEREALS with DRY BEANS AND PEAS



Baked Beans and Cornbread



Red Beans with Rice



Lentil Soup with Bread

To Store Dry Beans

Store beans in the original package in a cool, dry place until you are ready to use them. Once the package is opened, store beans in a tightly-covered container in a cool, dry place. (A clean mayonnaise jar works well.) Beans stored this way will keep for one year.

To Prepare Dry Beans

Step 1: Rinse dry beans in a strainer.
Sort and throw away beans that are broken or shriveled.

Step 2: Soak dry beans to shorten the cooking time. There are two ways to do this.

Quick Soak: Bring 8 cups of water to a boil. Add 1 pound washed and sorted beans. Boil for 2 minutes. Remove from heat. Cover and allow to soak for 1 hour.

Overnight Soak: Put 1 pound washed and sorted dry beans in a large pot. Add 6 cups cold water and cover. (Do *not* add salt to the water. Salt toughens the bean's shell.) Soak the beans overnight in the refrigerator.

Step 3: After soaking, the beans are now ready for cooking. Bring about 7 cups of water to a boil. Add 1 pound of beans. Cover and turn heat down. Simmer until beans are tender, about 2 hours. Add additional boiling water if needed.

Nutritional Value:

A 1/2 cup serving of cooked dry red kidney beans with no added salt provides:

Calories	110	Thiamin	0.10 mg
Protein	7.2 g	Riboflavin	0.04 mg
Carbohydrate	19.8 g	Niacin	0.64 mg
Fat	0.4 g	Iron	2.2 mg
Cholesterol	0	Calcium	36 mg
Vitamin A	4 IU	Phosphorus	130 mg
Vitamin C	0	Potassium	314 mg
		Sodium	2 mg

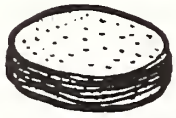
Refried Beans



1	pound pinto (or other dry) beans
2	cups chopped onion
4	tablespoons vegetable oil
1/2	teaspoon garlic powder

1. Cook dry beans with onion until tender.
2. Mash cooked beans with a potato masher or large spoon.
3. Add oil and garlic powder.
4. Cook on medium heat until beans are as thick as you like.

Bean Burritos

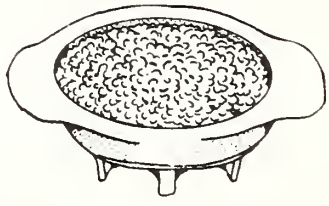


8-10	small flour tortillas
2	cups refried beans
2	cups grated cheese
1	cup chopped lettuce
1	cup taco sauce

1. Spread warmed tortillas with 2 to 3 tablespoons refried beans, depending on the size of the tortilla.
2. Sprinkle with grated cheese.
3. Add lettuce and taco sauce.
4. Fold in the ends of the tortilla, then fold one side over the filling, and roll up.

Serves 4 to 5, 2 burritos each.

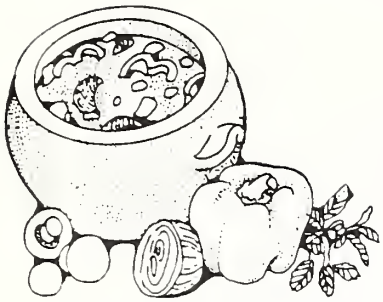
Rice and Beans



1 1/3	cups drained, cooked dry beans (or peas)
2/3	cup uncooked rice
2	cups water
2/3	cup canned luncheon meat, cut into small pieces
1/4	teaspoon salt

1. Put all ingredients in a pan. Bring to a boil.
2. Turn down heat. Cover and simmer for 20 to 25 minutes or until rice is tender.

Makes 4 servings, about 1 cup each.



CANNED BEEF, PORK, and MEATBALL STEW

Meat is an important part of our diet. We enjoy its flavor, and meat is nutritious, too. It is a good source of protein and iron. However, meat is also a source of fat.

> **Caution:** Scientists now believe that too much saturated fat and cholesterol in the diet is linked to the development of heart disease in some people. Meat does contain saturated fat and cholesterol.
>
> For this reason, it is best to select only *lean* meat, fish, and poultry. Trim as much fat away from fresh meat as possible, and remove the fat from canned meats before using.

How Can I Use Them?

Canned beef, pork, and meatball stew are fully cooked during the canning process. After opening the can, these foods are ready to eat or use in recipes.

Canned beef and pork - serve hot in soups, stews, meat pies, casseroles, meat sauces, barbecue, etc. Serve cold in sandwich spreads and salads. Canned beef and pork can be used in recipes calling for fresh ground beef, shredded beef, ground pork, or shredded pork.

Meatball stew - just heat and serve. You can add leftover vegetables to the stew to add to the texture, color, nutritive value, and flavor.

How Do I Store Them?

Store unopened cans in a cool, dry place.

After the can is opened, store any unused canned beef, pork, or meatball stew in the refrigerator. It is best to put the unused meat in a covered container that is not metal. Metal containers are safe to use, but can give a strange flavor and color to foods stored in them.

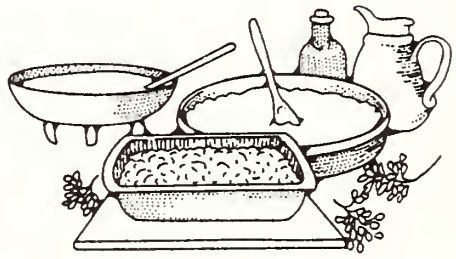
Use the leftover beef, pork, or meatball stew within 2 or 3 days.

Nutritional Value:

Two ounces of heated canned beef provides:

Calories	130	Thiamin	Trace
Protein	14.2 g	Riboflavin	0.12 mg
Carbohydrate	0	Niacin	2.14 mg
Fat	7.4 g	Iron	1.4 mg
Cholesterol	52 mg	Calcium	8 mg
Vitamin A	2 IU	Phosphorus	46 mg
Vitamin C	0	Potassium	146 mg
		Sodium	210 mg

Meat and Tomato Freezer Mix



1	large onion, chopped
1	cup celery, chopped
1	tablespoon vegetable oil
1	15-oz. can tomato sauce
1	29-oz. can beef or pork, fat removed
1/4	teaspoon pepper
1	teaspoon garlic powder

1. Cook onion and celery in oil for 5 minutes.
2. Add meat, tomato sauce, pepper, and garlic.
3. Cook mixture on low heat for 20 minutes.
4. Store half of the mixture in the freezer. Use the rest in one of the following recipes.

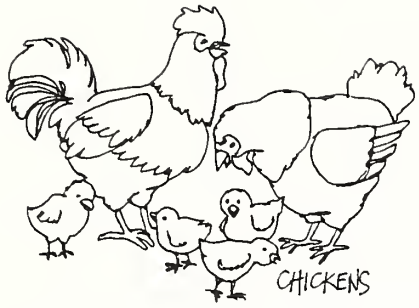
Makes 4 cups.

Chili: Add 1 tablespoon chili powder to meat mix. Bring to a boil, lower heat, and simmer for 10 minutes. Add one can red kidney beans. *Makes 4 servings.*

Enchilada Casserole: Heat mix, 1/4 cup water, and 1 1/2 teaspoons chili powder. Put 4 corn tortillas in baking pan. Pour half of the meat mix over tortillas. Sprinkle 1/2 cup shredded cheese over mix. Top with 4 more tortillas, rest of meat mix, and 1/2 cup shredded cheese. Bake 30 to 40 minutes at 350°F. *Makes 4 servings.*

Rice Casserole: Add 2 cups cooked rice and 1 can whole kernel corn (drained) to meat mix. Heat on the stove or heat in 350°F oven until hot. Top with 1/2 cup shredded cheese. *Makes 6 servings.*

Lasagna: Heat mix with 1/2 teaspoon oregano and 1/4 cup water. Cook one 8-oz. package of lasagna noodles until tender. Drain. Layer 1/2 of the noodles in a lightly-oiled baking dish. Top with half the meat mix. Spread a 12-oz. carton of cottage cheese on top of meat mix. Sprinkle on 1/2 cup shredded cheese. Top with remaining noodles, meat mix, and 1/2 cup shredded cheese. Bake 30 minutes at 350°F. *Makes 8 servings.*



CANNED CHICKEN with Natural Juices

Canned chicken is fully cooked during the canning process. When you open the can, the chicken is ready to eat or use in a recipe.

What Is In It?

A can of chicken has chicken, chicken broth, and a little salt in it. When you use canned chicken in recipes, you can usually add less salt then the recipe says to add.

How Can I Use It?

It can be used hot :

- ❑ In main dishes, such as barbecued chicken, creamed chicken, chicken noodle soup, chicken pot pie, etc.

It can be used cold:

- ❑ In salads and sandwiches

How Do I Store It?

Store unopened cans in a cool, dry place.

After the can is opened, store any leftover chicken in the refrigerator. It is best to put any unused chicken in a covered container that is not metal. Metal containers are safe to use, but can give a strange flavor and color to foods stored in them.

Use leftover chicken within 2 or 3 days.

Leftover chicken can also be frozen.

How Do I Get It Out of the Can?

Getting the chicken out of the can is easy.

- ❑ Wipe off any dust or dirt from the top and bottom lids.
- ❑ Place the can of chicken in the refrigerator overnight.
- ❑ Using a can opener, take off the top and bottom lids. Push the chicken out of the can with the bottom lid.
- ❑ Drain and save the juices. Take off and/or rinse off with hot water any fat you can see. Throw away the fat. Drain again after rinsing.

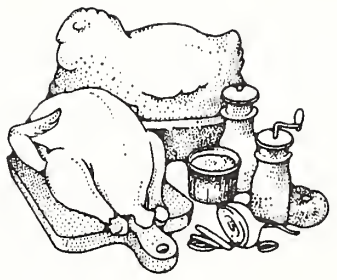
> **NOTE:** It is best to cut the chicken across the grain and handle it as little as possible to keep it from becoming stringy.

Nutritional Value:

Two ounces of heated chicken provides:

Calories	100	Thiamin	Trace
Protein	12.4 g	Riboflavin	0.08 mg
Carbohydrate	0	Niacin	3.60 mg
Fat	4.4 g	Iron	0.8 mg
Cholesterol	36 mg	Calcium	8 mg
Vitamin A	66 IU	Phosphorus	64 mg
Vitamin C	1.2 mg	Potassium	78 mg
		Sodium	286 mg

Chicken Nuggets



5	cups square-shaped corn cereal
1	can chicken (29 oz.)
2 to 3	teaspoons salt-free seasoning
1/4	cup dry egg mix
1	cup milk

1. Preheat oven to 350 - 375°F.

2. Put cereal in a clean plastic bag. Use a rolling pin to roll over the bag of cereal several times. Continue rolling until the cereal is all crushed. Place in a bowl and set aside.

3. Drain chicken. Rinse chicken with hot water to take off extra fat.

4. Mix chicken and seasoning together in a bowl.

5. Using another bowl, beat egg mix with water until smooth. Add the milk and mix well.

6. Take about a tablespoon of seasoned chicken and form a small round nugget. Dip the chicken nugget in the egg and milk mixture. Immediately coat the chicken nugget with the crushed cereal.

7. Continue dipping and coating until all the chicken mixture has been used.

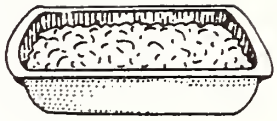
8. Place the chicken nuggets on a slightly greased cookie sheet. Bake for about 20 to 25 minutes.

Makes about 3 to 4 dozen.

Source: Five Sandoval Indian Food Program.



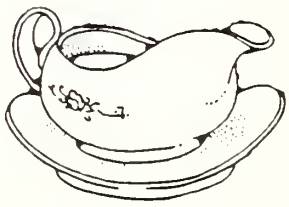
Chicken Enchilada Casserole



1	can chicken, rinsed and drained to remove fat
1/2	onion, finely chopped
1/2	teaspoon garlic powder
1/2	cup green chilies, diced
1	can tomatoes
1	teaspoon oregano
1	teaspoon pepper
12	corn tortillas
2	cups cheese, grated (Save 1/4 cup to sprinkle on top.)
1 1/2	cups milk gravy (recipe follows)

1. Mix chicken, onion, garlic powder, green chilies, tomatoes, oregano, and pepper together. Set aside.
2. Cover bottom of a 9- by 13-inch baking pan with three tortillas.
3. Add a layer of chicken mixture.
4. Sprinkle on a layer of cheese.
5. Repeat the layers, leaving some room at the top.
6. Make milk gravy and pour over the layers.
7. Top with remaining cheese.
8. Bake at 350°F for 20 minutes.

Makes 10 servings.

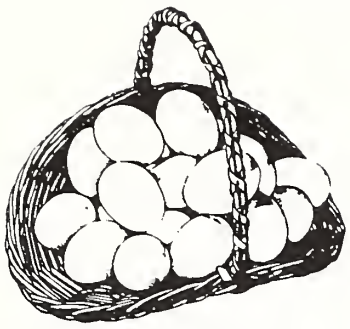


Milk Gravy

1/4	cup margarine or butter
1/4	cup whole wheat flour or all-purpose flour
2	cups milk (Mix 2/3 cup nonfat dry milk with 2 cups water.)

1. Melt margarine or butter in a saucepan.
2. Blend flour into melted fat.
3. Stir until smooth and bubbly. Remove from heat
4. Add milk slowly, while stirring to keep the mixture smooth.
5. Return mixture to a low heat. Cook and stir until thickened.

Makes about 2 1/2 cups (5 servings, 1/2 cup each).



DRY EGG MIX

Dry egg mix contains whole eggs, nonfat dry milk, vegetable oil, and a little salt. It is a convenient and easy-to-use dry food you can use in place of fresh eggs when you cook or bake.

> **Caution:** Scientists now believe that too much cholesterol in the diet is linked to the development of heart disease in some people. Eggs contain quite a bit of cholesterol. To limit cholesterol in your diet, eat no more than 4 eggs per week.

How Can I Use It?

Most foods prepared with egg mix have the same quality as foods made with fresh eggs.

To use egg mix instead of fresh eggs in a recipe:

1 egg = 1/4 cup egg mix + 1/4 cup water

6 eggs = 1 package of egg mix + 1 1/2 cups water

Leave 1/4 teaspoon of salt out of the recipe for every 1/4 cup of egg mix used.

To make egg mix:

Sprinkle mix over warm water in a bowl. Beat with a fork until the mixture is smooth.

Make and use *only* the amount of egg mix you need for your recipe. Use it immediately. Throw away any egg mix you do not use after mixing it with water or other liquids.

In most recipes, dry egg mix can be added to the dry ingredients and the water added to the other liquid ingredients.

Food Safety:

Egg mix has been processed to kill any bacteria that can cause spoilage or food poisoning. It is safe to use when it is stored, mixed, and cooked properly.

It is safe to use egg mix only in thoroughly cooked products such as scrambled eggs, long-cooked casseroles, or baked products such as cornbread, pancakes, cookies, muffins, and baked custard. It is not safe to use egg mix in uncooked foods like egg-milk drinks, ice cream, or uncooked salad dressings.

How Do I Store It?

Store unopened packages of egg mix in a cool, dry place.

After opening the package, store the egg mix in the refrigerator. Be sure to seal the package tightly or put the egg mix in a tightly-covered container. A clean mayonnaise jar works well.

If stored properly, the dry egg mix will stay fresh for about 1 year.

Nutritional Information:
One-fourth cup of dry egg mix provides:

Calories	160	Thiamin	0.08 mg
Protein	10.0 g	Riboflavin	0.33 mg
Carbohydrate	5.3 g	Niacin	0.12 mg
Fat	10.6 g	Iron	1.2 mg
Cholesterol	218 mg	Calcium	141 mg
Vitamin A	504 IU	Phosphorus	190 mg
Vitamin C	0.5 mg	Potassium	225 mg
		Sodium	228 mg

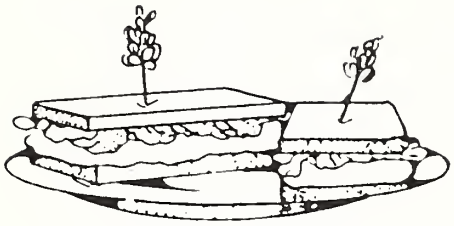
Pumpkin Custard

3/4	cup egg mix	1/4	teaspoon ginger
3/4	cup water	1/4	teaspoon nutmeg
3/4	cup brown sugar	1 1/2	cups canned pumpkin
3/4	teaspoon cinnamon	1 1/2	cups evaporated milk



1. Mix egg mix and water together in a small bowl until free of lumps.
2. Combine remaining ingredients together in a large bowl.
3. Add egg mixture to pumpkin mixture. Mix well.
4. Pour into baking pan. Bake at 350°F until custard is set (about 45 minutes).

Makes 10 servings.



CANNED LUNCHEON MEAT

Canned luncheon meat is made from beef and pork. It is fully cooked and ready to eat. By using luncheon meat, it is easy to fix a quick meal. However, processed meats, like luncheon meat, are often high in fat and salt. It is best to limit the number of times you eat this type of food each week.

How Can I Use It?

Canned luncheon meat can be:

- ❑ Diced and added to casseroles, gravies, soups, salads, scrambled eggs, etc.
- ❑ Chopped up for use in meat loaf, meat sauce, hash, and sandwich fillings
- ❑ Baked whole and glazed with honey
- ❑ Sliced and served with beans, split peas, cabbage, potatoes, etc.

How Can I Remove From Can?

To remove meat from the can in one piece, cut out bottom **and** top of can. Push meat through with thumb against the lid.

After removing from the can, rinse meat with warm water to take off extra fat and salt.

How Do I Store It?

Store unopened cans in a cool, dry place.

After opening, cover tightly and place unused meat in the refrigerator.

Use leftover meat within 2 days.

Corn Chowder

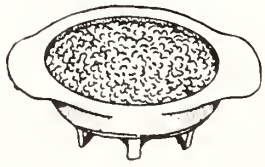


- 1/4 can luncheon meat
- 1 medium onion, diced
- 1/2 cup celery, diced
- 2 tablespoons margarine or butter
- 2 cans whole potatoes
- 2 cans cream-style corn
- 2/3 cup nonfat dry milk powder
- 1 can evaporated milk
- 1 can water (use evaporated milk can to measure)
- 1/4 teaspoon pepper

1. In a large pan, cook onion and celery in margarine or butter until tender, about 5 minutes.
2. Cut luncheon meat into 1-inch squares. Rinse off extra fat and salt with warm water. Drain well.
3. Add luncheon meat to onion mixture.
4. Drain potatoes. Throw liquid away. Rinse potatoes with water. Drain again.
5. Cut potatoes into small pieces.
6. Add potatoes to the luncheon meat mixture.
7. Stir in corn, nonfat dry milk, evaporated milk, and pepper.
8. Add 1 can of water, using milk can to measure.
9. Heat just until ready to boil. Serve hot.

Makes 10 servings, 1 1/4 cups each.

Spanish Rice with Luncheon Meat



- 1/2 cup uncooked rice
- 1 tablespoon oil
- 1 small onion, chopped
- 1/2 green pepper, chopped
- 1 stalk celery, chopped (optional)
- 2 1/2 cups canned tomatoes
- 1 1/2 cups luncheon meat, diced
- chili powder to taste

1. Heat oil in frying pan. Add rice, onion, green pepper, and celery.
2. Cook and stir over medium heat until rice is lightly brown and onion is tender.
3. Stir in tomatoes. Heat to boiling, then lower heat.
4. Add meat and chili powder to mixture.
5. Cover and simmer about 25 minutes or until rice is tender.

Makes 6 servings, about 1 cup each.



PEANUT BUTTER

The peanut butter you get from the Food Distribution Program will be either creamy or chunky. Creamy peanut butter has all of the peanuts ground into a smooth paste. Chunky peanut butter has some bigger pieces of peanuts in it. You can easily see the peanut pieces. Both kinds of peanut butter are ready to eat right from the jar.

How Can I Use It?

Peanut butter can be used to:

- ❑ Make sandwich filling. Use it plain or mix it with jam or jelly, honey, banana slices, grated apple or carrots, crushed pineapple, raisins, etc., to make a delicious filling.
- ❑ Stuff celery
- ❑ Prepare breads, pancakes, etc.
- ❑ Make puddings, pies, cakes, cookies, and other desserts
- ❑ Prepare soups, sauces, and toppings

Caution: One tablespoon of peanut butter contains about 100 calories. If you are on a low-fat or a low-calorie diet, include only small amounts of peanut butter in your diet.

How Do I Store It?

Store in a cool, dry place. It can be stored at room temperature or in the refrigerator.

Always keep the peanut butter covered after it has been opened.

After the peanut butter is opened, it will stay fresh for about 3 months.

Food Safety:

Eating peanut butter alone or on top of food may cause children under 1 year of age to choke. Peanut butter is sticky. It may be hard for young children to chew it well before swallowing.

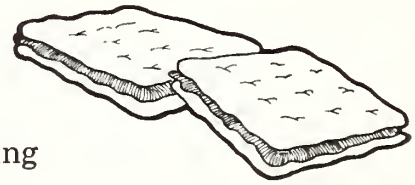
Do **not** feed peanut butter that has been spread on top of food to children under 1 year old. Young children can enjoy muffins, pancakes, puddings, and other foods that have peanut butter in them.

Nutritional Information:

Two tablespoons of peanut butter provides:

Calories	190	Thiamin	0.05 mg
Protein	9.1 g	Riboflavin	0.03 mg
Carbohydrate	5.1 g	Niacin	4.30 mg
Fat	16.4 g	Iron	0.6 mg
Cholesterol	0	Calcium	11 mg
Vitamin A	0	Phosphorus	120 mg
Vitamin C	0	Potassium	219 mg
		Sodium	150 mg

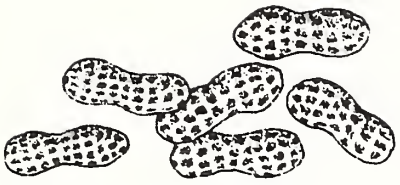
Peanut Butter Freezer Bars



1/2	cup nonfat dry milk
1 1/2	cups water
1 1/2	cups peanut butter
1	small package instant chocolate pudding
1	pound box graham crackers

1. Mix dry milk and water together.
2. Add peanut butter and beat.
3. Add pudding and stir until smooth.
4. Spread a thick layer of pudding on a graham cracker. Put another cracker on top (sandwich style).
5. Freeze bars in a covered container or plastic bag for several hours.

Makes 24 bars.



ROASTED PEANUTS

Roasted peanuts are a popular snack food. They are high in protein and food energy. To make them even a healthier snack choice, no salt has been added to the peanuts being distributed through the Food Distribution Program.

How Can I Use Them?

Serve roasted peanuts:

- ❑ Plain
- ❑ Combine with raisins and/or cereal for a nutritious snack
- ❑ Add to muffins, cookies, cakes, and other baked goods
- ❑ Add to vegetable and rice dishes
- ❑ Add to stuffing for chicken, turkey, or pork
- ❑ Add to salads and casseroles
- ❑ Use as a garnish over casseroles, pudding, gelatin, or ice cream

Caution: Do not give peanuts or other nuts to a young child. They are hard to chew and digest. *Very young children can also choke on them.*

How Do I Store Them?

Store unopened cans of peanuts in a cool, dry place.

After opening, reseal tightly and use as soon as possible.

Nutritional Value:

One ounce of shelled, roasted peanuts provides:

Calories	165	Thiamin	0.08 mg
Protein	7.6 g	Riboflavin	0.03 mg
Carbohydrate	5.2 g	Niacin	4.20 mg
Fat	13.9 g	Iron	0.5 mg
Cholesterol	0	Calcium	24 mg
Vitamin A	0	Phosphorus	143 mg
Vitamin C	0	Potassium	199 mg
		Sodium	4 mg

Double Peanutty Snack

2 tablespoons butter or margarine
2 tablespoons peanut butter
4 cups square-shaped cereal (rice, wheat, corn, etc.)
1/2 cup roasted peanuts
1 cup raisins

1. Preheat oven to 250°F.
2. In 13- by 9- by 2-inch baking pan, melt butter and peanut butter in oven. Stir until smooth.
3. Gradually add cereal and peanuts, stirring until all pieces are evenly coated.
4. Bake 25 to 30 minutes, stirring once after 15 minutes.
5. Spread on absorbent paper to cool.
6. After mixture is cool, add raisins.
7. Store in an airtight container.

Makes 5 1/2 cups.



***Microwave Directions:**

1. In a large microwave-safe bowl, melt margarine and peanut butter on HIGH for 45 seconds. Stir until smooth.
2. Gradually add cereal and peanuts, stirring until all pieces are evenly coated.
3. Microwave on HIGH for 3 minutes, stirring every minute.
4. Spread on absorbent paper to cool.
5. After mixture is cool, add raisins.
6. Store in airtight container.

* Due to differences in microwave ovens, cooking time may need adjustment. These directions were developed using 625 to 700 watt ovens.



CANNED PINK SALMON

Pink salmon is a type of fish. It is a good source of protein and is low in calories. All canned salmon has bones in it. The bones soften during the canning process and can be eaten. Just mash the bones and leave them in the salmon. The bones help make salmon a good source of calcium.

How Can I Use It?

Canned pink salmon is ready to serve. It can be used in:

- ❑ Salads
- ❑ Sandwiches
- ❑ Main dishes

How Do I Store It?

Store unopened canned pink salmon in a cool, dry place.

After the can is opened, store any unused salmon in the refrigerator in a covered container that is not metal. Metal containers are safe to use, but they can give a strange flavor and color to foods stored in them.

Use leftover salmon within 24 hours.

Nutritional Value:

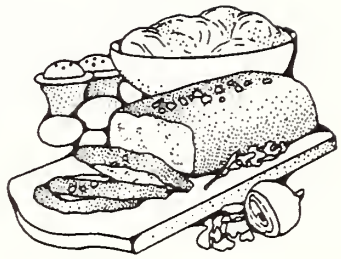
Two ounces of canned pink salmon plus liquid provides:

Calories	80	Thiamin	0.02 mg
Protein	11.6 g	Riboflavin	0.10 mg
Carbohydrate	0	Niacin	4.54 mg
Fat	3.4 g	Iron	0.4 mg
Cholesterol	20 mg	Calcium	112 mg*
Vitamin A	40 IU	Phosphorus	162 mg
Vitamin C	0	Potassium	204 mg
		Sodium	220 mg

* Includes bones. If bones are removed, calcium content is reduced.

Salmon Tomato Loaf

1	can salmon
1	can tomatoes
1	tablespoon margarine or butter, melted
2	cups ready-to-eat cereal (unsweetened), crushed
1/4	cup dry egg mix
1/4	cup water
1/4	cup onion, chopped
	pepper to taste



1. Drain salmon. Throw juices away.
2. Separate salmon with a fork and mash bones.
3. Put all ingredients in a bowl.
4. Mix lightly with a fork.
5. Put into a lightly-oiled baking dish *or* form a loaf in a baking pan.
6. Bake at 425°F about 25 minutes.

Makes 6 servings.

Salmon Pasta Salad

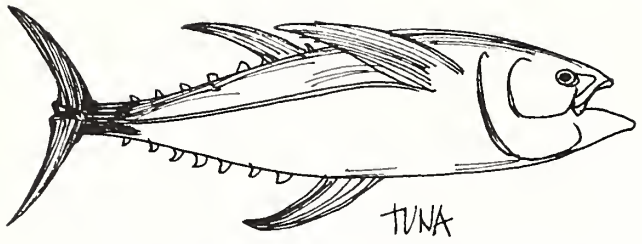


1 1/2	cups elbow macaroni, uncooked
1	can salmon, drained
1	cup celery, thinly sliced
1/4	cup onion, finely chopped
1/4	cup shredded cheese
1/2	cup salad dressing (mayonnaise-type)

1. Cook macaroni, omitting salt. Drain.
2. Toss macaroni, salmon, celery, onion, and cheese together.
3. Mix in salad dressing.
4. Serve warm or chill before serving.

Makes 6 servings, about 1 cup each.

Note: Tuna can be used in place of salmon in both these recipes.



TUNA

Tuna belongs to the meat group and is a kind of fish. It is a good source of protein and has very little fat in it. Tuna tastes good and is a quick and easy food to prepare.

What Is In The Can?

The canned tuna is chunk light tuna (small bite-size pieces of fish) packed in spring water.

How Can I Use It?

Tuna is ready to eat from the can. It was completely cooked during the canning process. You can serve tuna cold or you can heat it.

Tuna can be used in:

- ❑ Salads
- ❑ Sandwiches
- ❑ Main dishes

How Do I Store It?

Store unopened cans of tuna in a cool, dry place.

After the tuna is opened, put any leftover tuna in the refrigerator in a covered container that is not metal. Metal containers are safe to use, but they can give a strange flavor and color to foods stored in them.

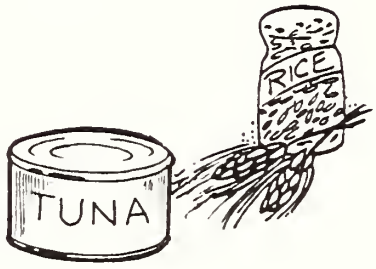
Use leftover tuna within 24 hours.

Nutritional Value:

Two ounces of chunk light tuna in water (drained) provides:

Calories	70	Thiamin	0.02 mg
Protein	15.8 g	Riboflavin	0.06 mg
Carbohydrate	0	Niacin	7.54 mg
Fat	0.4 g	Iron	0.8 mg
Cholesterol	36 mg	Calcium	8 mg
Vitamin A	52 IU	Phosphorus	108 mg
Vitamin C	0	Potassium	158 mg
		Sodium	496 mg

Tuna Quickie



2 1/2	cups cooked rice
1	can mushroom soup
2/3	cup evaporated milk
2 (12.5 oz.)	cans tuna, drained
1/2	cup shredded cheese
1/4	cup finely chopped onion
1/4	cup finely chopped pimento (optional)
2	drops hot sauce

1. In a large bowl, mix cooked rice, soup, and evaporated milk.
2. Stir in turn, cheese, onion, pimento, and hot sauce.
3. Place in greased 1-1/2 quart baking dish.
4. Bake 30 to 35 minutes, or until bubbly, at 350°F.

Makes 12 servings, about 3/4 cup each.

Source: **Commodity Classics Cookbook**, Cherokee Nation Coalition for Diabetes Prevention & Cherokee Nation Donated Foods Program, November 1990.



AMERICAN CHEESE, PASTEURIZED PROCESS

Cheese is a favorite food of many people. It is also a good source of protein, vitamin A, riboflavin, and calcium. Cheese helps build strong bones, good teeth, and muscles.

Pasteurized process American cheese is made by blending and heating natural cheeses (such as cheddar, colby, etc.) with additional food additives and flavorings. The cheese is pasteurized during processing to improve its keeping quality. Pasteurized process cheese is milder in flavor and softer in body than the natural cheese from which it was made. It has good slicing and melting qualities.

> **Caution:** Cheese is high in fat and sodium. If you are on a low-fat, low-calorie, or low-sodium diet include only small amounts of cheese in your diet.

How Can I Use It?

Cheese can be used in a lot of ways. You can:

- ❑ Slice it and use in sandwiches or on hamburgers
- ❑ Make cheese toast with it
- ❑ Eat it by itself or with crackers or fruit for a snack
- ❑ Use it in salads, casseroles, etc.
- ❑ Make cheese sauce with it
- ❑ Put it in biscuits, muffins, and other breads

All cheese dishes should be cooked at low temperatures for a short time. Overcooking causes the cheese to become tough and stringy. Also, cheese shreds more easily just after it is taken out of the refrigerator. If cheese has been frozen, it is best to use it shredded or diced.

How Do I Store It?

Keep the cheese in the refrigerator in the original container until ready to use.

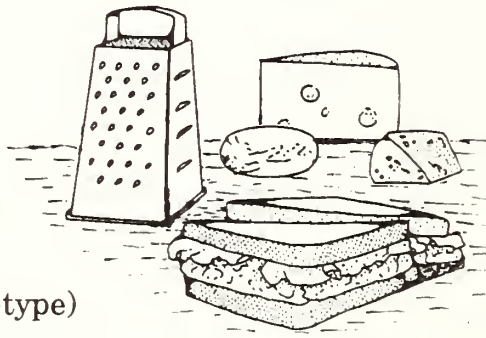
After opening the cheese, wrap the remaining cheese with plastic wrap, place back in the original box, and return to the refrigerator.

After it is opened, well-wrapped cheese will stay good in the refrigerator for 3 to 4 weeks.

Nutritional Value:

Two ounces of pasteurized process American cheese provides:

Calories	210	Thiamin	0.02 mg
Protein	12.6 g	Riboflavin	0.20 mg
Carbohydrate	0.8 g	Niacin	0.04 mg
Fat	17.8 g	Iron	0.2 mg
Cholesterol	54 mg	Calcium	350 mg
Vitamin A	686 IU	Phosphorus	422 mg
Vitamin C	0	Potassium	92 mg
		Sodium	812 mg



Hot Pimiento Cheese

1	pound cheese, grated
1/4	cup tomato sauce
1	tablespoon hot sauce
1/2	cup salad dressing (mayonnaise-type)
3/4	cup pimiento, diced and drained

1. Combine first four ingredients. Stir well.
2. Stir in pimiento. Cover and chill thoroughly.
3. Serve on bread or crackers.

Makes 3 1/3 cups.



EVAPORATED MILK

Evaporated milk is a convenience food. It is made from fresh whole milk with half of the water taken out. It has vitamin D added and is canned to make it last longer.

How Can I Use It?

Evaporated milk can be used for drinking and cooking. Before opening the evaporated milk, be sure to wipe the top of the can with a damp, clean cloth.

To prepare for use as whole milk, mix evaporated milk with the same amount of water.



Evaporated Milk Water Whole Milk

Evaporated milk can also be used straight from the can in dishes such as casseroles, puddings, frostings, and pancakes. It can also be used straight from the can in cereals and coffee.

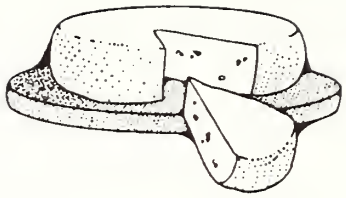
How Do I Store It?

Store unopened cans in a cool, dry place.

After opening, leave the used milk in the can, cover, and store in the refrigerator. Also store any leftover whole milk made with evaporated milk in the refrigerator.

Use the leftover milk within 4 to 5 days

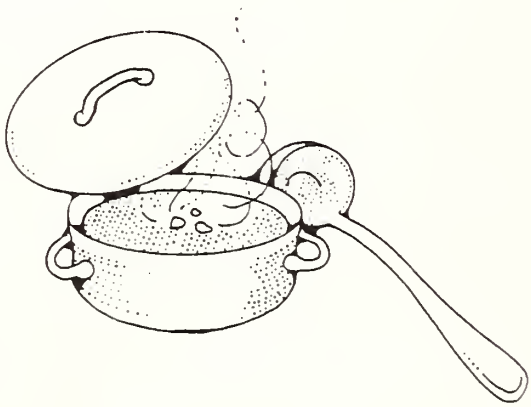
Cheese Sauce



- 2 tablespoons margarine or butter
- 2 tablespoons flour
- 1/2 cup water
- 1 can evaporated milk (13 fl. oz.)
- 1 cup cheese, cut-up

1. Melt butter in a saucepan over low heat. Mix in flour.
2. Add water slowly, stirring until smooth. Stir in evaporated milk.
3. Cook and stir over medium heat until thickened.
4. Lower heat. Add cheese and stir until melted.
5. Use hot cheese sauce on steamed vegetables, rice, meat loaf, macaroni, scrambled eggs, etc.

Makes about 2 cups sauce.



Cream of Tomato Soup

- 2 tablespoons margarine or butter
- 2 tablespoons flour
- 1 can (13-oz) evaporated milk
- 1 can (46-oz) tomato juice

1. Melt butter over low heat in a saucepan.
2. Blend in flour, stirring until mixture is smooth and bubbly. Allow to cook over low heat for about 1 minute.
3. Remove from heat. Slowly add tomato juice while stirring vigorously with a fork.
4. Return to heat. Continue to stir over low heat until thickened.
5. Add milk. Simmer until hot. Serve immediately.

Makes 7 servings, about 1 cup each.



INSTANT NONFAT DRY MILK

Nonfat dry milk is a convenience food. It is nutritious, too. Nonfat dry milk is low in calories, fat, and cholesterol, and it is an excellent source of protein, calcium, vitamins, and minerals.

How Can I Use It?

Nonfat dry milk can be used instead of fluid milk for drinking, cooking, and baking.

To prepare instant nonfat dry milk...



1/3 cup instant nonfat dry milk + 1 cup water = 1 cup skim milk
2/3 cup instant nonfat dry milk + 2 cups water = 2 cups skim milk
1 1/3 cups instant nonfat dry milk + 4 cups water = 4 cups (1 qt.) skim milk

When the recipe you are making calls for a lot of dry ingredients, such as breads, biscuits, muffins, and cakes, the dry milk can be mixed with the other dry ingredients. The water needed can be added to the other liquid ingredients.

How Do I Store It?

Store unopened packages in a cool, dry place.

After opening, store in a tightly-covered container. If the dry milk is exposed to the air and moisture, it gets lumpy and the flavor can change.

Cover and refrigerate dry milk after it is mixed with water. It will keep in the refrigerator for about 5 days.

Instant Cocoa Mix

4	cups instant nonfat dry milk
1	cup sugar
3/4	cup unsweetened cocoa

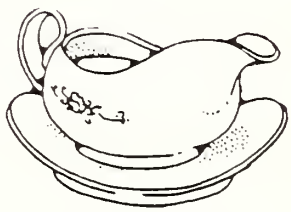
1. Thoroughly mix the milk, sugar, and cocoa.
2. Put in a tightly-covered container and store in a cool place.



Makes 23 servings.

To make 1 cup of hot chocolate:

1. Put 1/4 cup cocoa mix into a mug or coffee cup.
2. Fill cup with hot water and stir.

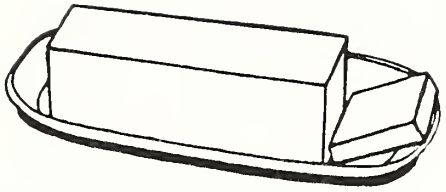


Milk Gravy

1/4	cup margarine or butter
1/4	cup whole wheat or all-purpose flour
2	cups milk (mix together 2/3 cup dry milk and 2 cups water)

1. Melt margarine or butter in a saucepan.
2. Blend flour into melted fat.
3. Stir until smooth and bubbly. Remove from heat.
4. Add milk slowly, while stirring to keep the mixture smooth.
5. Return mixture to a low heat. Cook and stir until thickened.

Makes about 2 1/2 cups (5 servings, 1/2 cup each).



BUTTER

Butter is made from the fat in whole milk and has saturated fat and cholesterol in it. Butter is high in calories (about 100 calories per tablespoon). In addition, most butter is salted.

How Can I Use It?

Butter can be used in place of margarine, shortening, or lard in cakes, cookies, and other baked goods. When using butter in place of shortening or lard, subtract 1/2 teaspoon of salt from the recipe for each cup of butter used.

Butter adds flavor to cooked vegetables, broiled fish, breads, rolls, and other cereal products. However, too much fat in the diet may lead to overweight or heart disease. Include only a moderate amount of butter in your diet.

To Measure Butter...

Butter usually comes in 1-pound packages.

1 pound = 2 cups = 4 sticks

1 stick = 8 tablespoons = 1/2 cup

How Do I Store It?

Store butter in the refrigerator or freezer as soon as possible.

Because butter will take on the flavor of other foods, keep it wrapped in air-tight plastic or store in a covered container.

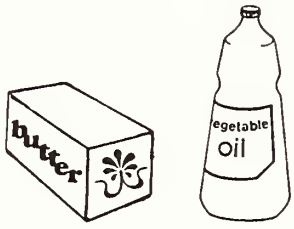
Butter will keep for about a month in the refrigerator and for several months in the freezer.

Nutritional Value:

One teaspoon of salted butter provides:

Calories	35	Thiamin	0
Protein	Trace	Riboflavin	Trace
Carbohydrate	Trace	Niacin	Trace
Fat	3.8 g	Iron	Trace
Cholesterol	10 mg	Calcium	1 mg
Vitamin A	143 IU	Phosphorus	1 mg
Vitamin C	0	Potassium	1 mg
		Sodium	39 mg

Better Butter



1 pound butter, softened
2 cups vegetable oil

1. Blend butter and oil together with a blender, mixer, egg beater, or spoon.
2. Keep refrigerated in a sealed container for up to 1 month.

Makes 4 cups or 64 tablespoons.

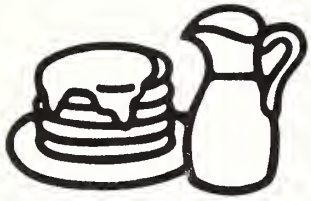
This recipe does not lower the calories of butter, but it cuts the cholesterol, sodium, and saturated fat in half. However, it is not for those on very strict, low-cholesterol diets.

Honey Butter



1/2 cup butter
1 cup honey

1. Butter and honey should be at room temperature.
2. Cream butter.
3. Gradually add honey, beating until light.
4. Store in a sealed container in the refrigerator.
5. Use as a topping or spread on toast, hot biscuits, or cornbread.



CORN SYRUP

Corn syrup is a type of sugar. Like other types of sugar, corn syrup is used to make foods taste sweet. Unlike the most common types of sugar, corn syrup is a liquid.

Sugars provide calories. Often foods made with a lot of sugar do not have a lot of nutrients. Sugars should be used in moderation by most healthy people. People with health problems such as diabetes and excess weight should use sugars very sparingly.

Sugars and starches—which break down into sugars—can also cause teeth to decay. Sugars and starches are in many foods that also supply nutrients—milk, fruits, some vegetables, breads, cereals, and other foods with sugars and starches as ingredients. The more often these foods—even small amounts—are eaten and the longer they are in the mouth before teeth are brushed, the greater the risk for tooth decay.

For Healthier Teeth and Gums:

- ❑ Carefully control the use of foods with sugars and starches between meals.
- ❑ Brush and floss teeth regularly.
- ❑ Use a fluoride toothpaste.
- ❑ Ask your dentist or doctor about the need for supplemental fluoride, especially for children.
- ❑ **DO NOT** use a nursing bottle with any beverage other than water as a pacifier.

How Can I Use It?

Corn syrup can be used in baked foods, candies, frostings, etc.

How Do I Store It?

Store corn syrup in a cool, dry place.

After using, wipe off any drips before screwing on cap. Opened corn syrup should be kept tightly closed.

Corn syrup will stay fresh for about 1 year.

Nutritional Value:

One tablespoon of corn syrup provides:

Calories	60	Thiamin	0
Protein	0	Riboflavin	0
Carbohydrate	15 g	Niacin	0
Fat	0	Iron	0
Cholesterol	0	Calcium	0
Vitamin A	0	Phosphorus	0
Vitamin C	0	Potassium	0
		Sodium	30 mg

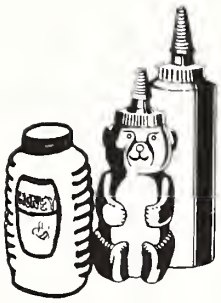
Grape Dumplings



1/2	cup water
1	tablespoon oil
1	cup all-purpose flour
1/2	teaspoon baking powder
3	cups grape juice
1	cup corn syrup

1. Mix water and oil together in a bowl.
2. Add flour and baking powder. Mix into a stiff dough.
3. Roll out very thin on a floured board. Cut into 8 pieces (about 2 inches long and 1/2 inch wide).
4. Bring grape juice and corn syrup to a boil in a large saucepan.
5. Drop each piece of dough into the grape juice mixture.
6. Boil 5 minutes, then simmer 10 minutes with a lid on the pan.

Makes 8 servings.



HONEY

Honey can be used to sweeten many different types of food. Honey is sweeter than sugar. One tablespoon of honey has 65 calories compared to 45 calories in a tablespoon of sugar.

How Can I Use It?

Uses for honey include:

- ❑ A spread for bread, toast, muffins, biscuits, pancakes, waffles, etc.
- ❑ An ingredient in baked goods and frozen desserts
- ❑ In sandwich fillings along with dried fruits, peanut butter, or cottage cheese
- ❑ A topping for fresh fruit, cereal, or ice cream
- ❑ A sweetener for iced tea, hot tea, and other beverages

CAUTION: Do **not** give honey to, or use in foods for, infants under 1 year old. Honey is safe for older children and adults.

How Do I Store It?

Store honey in a cool, dry place.

An opened container of honey will absorb moisture and odors from the air. It is best to store honey in a tightly-covered container.

Sometimes crystals form when honey is stored in the refrigerator or kept for a long time. If this happens, put the container of honey on a rack in a pan of warm water. The crystals will melt, and the honey will be ready to use.

After opening, honey will stay fresh about 1 year.

Cooking with Honey:

You can substitute honey for sugar—without changing the recipe—in puddings, custards, pie fillings, baked apples, candied and sweet-sour vegetables, glazes, salad dressings, etc. Remember that honey is sweeter than sugar, so you can use less.

If you use honey instead of sugar in cookies, cakes, and other baked goods, you will need to make some changes in the recipe. For successful baking with honey, follow the chart below:

Original recipe calls for	Amount of honey to substitute	Amount of liquid to take out	Add to recipe
1 cup sugar	3/4 cup honey	1/4 cup liquid	1/4 teaspoon baking soda
1 cup sugar	1/2 cup honey + 1/2 cup sugar	2 tablespoons liquid	

Baked foods containing honey brown faster than foods made with sugar. If you are using honey instead of sugar, set the oven temperature 25°F **lower** than the recipe suggests.



Honey is sometimes difficult to measure. To make measuring easier, lightly grease the cup or spoon, **or** first measure the shortening or oil called for in a recipe, then measure the honey in the same cup.

Nutritional Value:

One tablespoon of honey provides:

Calories	65	Thiamin	Trace
Protein	0.1 g	Riboflavin	0.01 mg
Carbohydrate	17.3 g	Niacin	0.06 mg
Fat	0	Iron	0.1 mg
Cholesterol	0	Calcium	1 mg
Vitamin A	0	Phosphorus	1 mg
Vitamin C	0.2 mg	Potassium	11 mg
		Sodium	1 mg



VEGETABLE OIL

Vegetable oil is a fat. While fat is needed by the body, most Americans have too much fat in their diet. By cutting down on the amount of fat you eat, you can cut down on the amount of calories you eat.

If you want to cut down on how much fat you eat, here are some easy ways:

- ❑ Add less butter, margarine, and salad dressing to your foods.
- ❑ Eat less fried foods, such as fry bread, potato chips, and french fries.
- ❑ Use skim or lowfat milk in place of whole milk.
- ❑ Eat ice milk instead of ice cream.
- ❑ Bake or broil meat, fish, and poultry.

How Can I Use It?

Vegetable oil can be used in any recipe that calls for oil, melted fat, or salad oil. It can be used to make quick breads, pie dough, muffins, cornbread, and other baked foods. Vegetable oil can also be used for deep-fat frying, pan greasing, oiling baked potatoes, and in salad dressings.

How Do I Store It?

Store vegetable oil in a cool, dry place.

Screw cap on tightly after each use. Oil loses quality when exposed to the air. Keeping vegetable oil in the refrigerator will help it stay fresh.

After opening, vegetable oil will keep for about 3 months.

Nutritional Value:

One tablespoon of soybean oil provides:

Calories	120	Thiamin	0
Protein	0	Riboflavin	0
Carbohydrate	0	Niacin	0
Fat	13.6 g	Iron	0
Cholesterol	0	Calcium	0
Vitamin A	0	Phosphorus	0
Vitamin C	0	Potassium	0
		Sodium	0



VEGETABLE SHORTENING

Shortening is a fat. Fats are the biggest source of calories in your diet. Too much fat in the diet has been linked to heart disease, cancer, and obesity. Most health authorities recommend a diet with less fat. The suggested goal for fats in the American diet is 30 percent or less of the day's total calories.

There are several ways you can cut down on how much fat you eat.

- ❑ One way is to eat less of the visible fat. Visible fat is fat you can see. Some sources of visible fat are shortening, butter, margarine, fat on meat, lard, oil, salad dressing, and cream.

- ❑ Another way to cut down on how much fat you eat is to eat less hidden fat. This is harder to do because hidden fat is harder to see. Some sources of hidden fat are chips, nuts, fat in milk and ice cream, sauces, and gravies.

How Can I Use It?

Vegetable shortening can be used in any recipe that calls for shortening or fat. It can be used to make breads, pie crusts, cakes, cookies, and other baked foods. Vegetable shortening may also be used for pan frying meat and poultry and for greasing pans.

How Do I Store It?

Store shortening in a cool, dry place.

After opening, keep it covered tightly. Shortening loses quality if exposed to air.

Shortening will stay fresh about 8 months.

Nutritional Value:
One tablespoon of shortening provides:

Calories	115	Thiamin	0
Protein	0	Riboflavin	0
Carbohydrate	0	Niacin	0
Fat	12.8 g	Iron	0
Cholesterol	0	Calcium	0
Vitamin A	0	Phosphorus	0
Vitamin C	0	Potassium	0
		Sodium	0

Section D: Proper Storage and Sanitation Procedures

Is Someone You Know At Risk for Foodborne Illness?



United States Department of Agriculture

Food Safety and Inspection Service

April 1990

For more information on food handling, call USDA's Meat and Poultry Hotline

1-800-535-4555

10–4 weekdays Eastern Time

How this booklet was developed. USDA's Food Safety and Inspection Service asked food scientists to analyze consumer handling of food in the home using a HACCP (Hazard Analysis and Critical Control Point) approach. This booklet, the result of that effort, guides you past those critical points in everyday food handling where experts say making the "wrong" move could lead to foodborne illness.

Home and Garden Bulletin No. 248
September 1990

U.S. Department of Agriculture
Food Safety and Inspection Service

☆U.S. GOVERNMENT PRINTING OFFICE: 1991—301-703

A Quick Consumer Guide To Safe Food Handling



This booklet tells you what to do at each step in food handling—from shopping through storing leftovers—to avoid food poisoning.

Never had food poisoning? Actually, it's called foodborne illness. Perhaps you have, but thought you were sick with the flu. Some 7 million Americans will suffer from foodborne illness this year.

Why? Because at the right temperature, bacteria you can't see, smell or taste can multiply to the millions in a few short hours. In large numbers, they cause illness.

It doesn't have to happen, though. Some 85 percent of cases could be avoided if people just handled food properly. So here's what to do . . .

When You Shop

Buy cold food last, get it home fast

- When you're out, grocery shop last. Take food straight home to the refrigerator. *Never leave food in a hot car!*
- Don't buy anything you won't use before the use-by date.
- *Don't buy food in poor condition.* Make sure refrigerated food is cold to the touch. Frozen food should be rock-solid. Canned goods should be free of dents, cracks or bulging lids which can indicate a *serious* food poisoning threat.

When You Store Food

Keep it safe, refrigerate

Check the temperature of your refrigerator with an appliance thermometer you can buy at a variety or hardware store. To keep bacteria in check, the refrigerator should run at 40° F; the freezer unit at 0° F. Generally, keep your refrigerator as cold as possible without freezing your milk or lettuce.

- Freeze fresh meat, poultry or fish immediately if you can't use it within a few days.
- Put packages of raw meat, poultry or fish on a plate before refrigerating so their juices won't drip on other food. Raw juices often contain bacteria.



When You Prepare Food

Keep everything clean, Thaw in refrigerator

- Wash hands in hot soapy water *before* preparing food and *after* using the bathroom, changing diapers and handling pets.
- Bacteria can live in kitchen towels, sponges and cloths. Wash them often. Replace sponges every few weeks.
- Keep raw meat, poultry and fish and their juices away from other food. For instance, wash your hands, cutting board and knife in hot soapy water after cutting up the chicken and before dicing salad ingredients.
- Use plastic cutting boards rather than wooden ones where bacteria can hide in grooves.
- Thaw food in the microwave or refrigerator, NOT on the kitchen counter. The danger? Bacteria can grow in the outer layers of the food before the inside thaws. Marinate in the refrigerator too.



When You're Cooking

Cook thoroughly

It takes thorough cooking to kill harmful bacteria, so you're taking chances when you eat meat, poultry, fish or eggs that are raw or only partly cooked. Plus, hamburger that is red in the middle, rare and medium-rare steak and roast beef are also undercooked from the safety standpoint.

- Cook red meat to 160° F. Cook poultry to 180° F. Use a meat thermometer to check that it's cooked all the way through.
- To check visually, red meat is done when it's brown or grey inside. Poultry juices run clear. Fish flakes with a fork.
- Salmonella, a bacteria that causes food poisoning, can grow inside fresh, unbroken eggs. So cook eggs until the yolk and white are firm, not runny. Scramble eggs to a firm texture. Don't use recipes in which eggs remain raw or only partially cooked.
- When you cook ahead, divide large portions of food into small, shallow containers for refrigeration. This ensures safe, rapid cooling.

Safe Microwaving

A great timesaver, the microwave has one food safety disadvantage. It sometimes leaves cold spots in food. Bacteria can survive in these spots. So . . .

- Cover food with a lid or plastic wrap so steam can aid thorough cooking. Vent wrap and make sure it doesn't touch the food.
- Stir and rotate your food for even cooking. No turntable? Rotate the dish by hand once or twice during cooking.
- Observe the standing time called for in a recipe or package directions. During the standing time, food finishes cooking.
- Use the oven temperature probe or a meat thermometer to check that food is done. Insert it at several spots.

When You Serve Food

Never leave it out over 2 hours

- Use clean dishes and utensils to serve food, not those used in preparation.

Serve grilled food on a clean plate too, not one that held raw meat, poultry or fish.

- *Never leave perishable food out of the refrigerator over 2 hours!* Bacteria that can cause food poisoning grow quickly at warm temperatures.

- Pack lunches in insulated carriers with a cold pack. Caution children never to leave lunches in direct sun or on a warm radiator.

- Carry picnic food in a cooler with a cold pack. When possible, put the cooler in the shade. Keep the lid on as much as you can.

- Party time? Keep cold party food on ice or serve it throughout the gathering from platters from the refrigerator.

Likewise, divide hot party food into smaller serving platters. Keep platters refrigerated until time to warm them up for serving.

When You Handle Leftovers

Use small containers for quick cooling

- Divide large amounts of leftovers into small, shallow containers for quick cooling in the refrigerator. Don't pack the refrigerator—cool air must circulate to keep food safe.

- With poultry or other stuffed meats remove stuffing and refrigerate it in separate containers.



Reheating

- Bring sauces, soups and gravy to a boil. Heat other leftovers thoroughly to 165° F.

- Microwave leftovers using a lid or vented plastic wrap for thorough heating.

Kept it too long?

When in doubt, throw it out

Safe refrigerator and freezer storage time-limits are given for many common foods in the "Cold Storage" table inside this booklet. But what about something you totally forgot about and may have kept too long?

- *Danger—never taste food that looks or smells strange* to see if you can still use it. Just discard it.

- Is it *Moldy?* The mold you see is only the tip of the iceberg. The poisons molds can form are found *under* the surface of the food. So, while you can sometimes save hard cheese and salamis and firm fruits and vegetables by cutting the mold out—remove a large area around it, most moldy food should be discarded.

Cold Storage

These SHORT but safe time limits will help keep refrigerated food from spoiling or becoming dangerous to eat. These time limits will keep frozen food at top quality.

Product	Refrigerator (40° F)	Freezer (0° F)
Eggs		
Fresh, in shell	3 weeks	Don't freeze
Raw yolks, whites	2–4 days	1 year
Hardcooked	1 week	Don't freeze well
Liquid pasteurized eggs or egg substitutes, opened	3 days	Don't freeze
unopened	10 days	1 year
Mayonnaise, commercial		
Refrigerate after opening	2 months	Don't freeze
TV Dinners, Frozen Casseroles		
Keep frozen until ready to serve		3–4 months
Deli & Vacuum-Packed Products		
Store-prepared (or homemade) egg, chicken, tuna, ham, macaroni salads	3–5 days	These products don't freeze well.
Pre-stuffed pork & lamb chops, chicken breasts stuffed with dressing	1 day	
Store-cooked convenience meals	1–2 days	
Commercial brand vacuum-packed dinners with USDA seal	2 weeks, unopened	
Soups & Stews		
Vegetable or meat-added	3–4 days	2–3 months
Hamburger, Ground & Stew Meats		
Hamburger & stew meats	1–2 days	3–4 months
Ground turkey, veal, pork, lamb & mixtures of them	1–2 days	3–4 months
Hotdogs & Lunch Meats		
Hotdogs, opened package	1 week	In freezer wrap, 1–2 months
unopened package	2 weeks	
Lunch meats, opened	3–5 days	
unopened	2 weeks	
Bacon & Sausage		
Bacon	7 days	1 month
Sausage, raw from pork, beef, turkey	1–2 days	1–2 months
Smoked breakfast links, patties	7 days	1–2 months
Hard sausage—pepperoni, jerky sticks	2–3 weeks	1–2 months
Ham, Corned Beef		
Corned beef		Drained, wrapped
In pouch with pickling juices	5–7 days	1 month
Ham, canned		
Label says keep refrigerated	6–9 months	Don't freeze
Ham, fully cooked—whole	7 days	1–2 months
Ham, fully cooked—half	3–5 days	1–2 months
Ham, fully cooked—slices	3–4 days	1–2 months
Fresh Meat		
Steaks, beef	3–5 days	6–12 months
Chops, pork	3–5 days	4–6 months
Chops, lamb	3–5 days	6–9 months
Roasts, beef	3–5 days	6–12 months
Roasts, lamb	3–5 days	6–9 months
Roasts, pork & veal	3–5 days	4–6 months
Variety meats—Tongue, brain, kidneys, liver, heart, chitterlings	1–2 days	3–4 months
Meat Leftovers		
Cooked meat and meat dishes	3–4 days	2–3 months
Gravy and meat broth	1–2 days	2–3 months
Fresh Poultry		
Chicken or turkey, whole	1–2 days	1 year
Chicken or turkey pieces	1–2 days	9 months
Giblets	1–2 days	3–4 months
Cooked Poultry, Leftover		
Fried chicken	3–4 days	4 months
Cooked poultry dishes	3–4 days	4–6 months
Pieces, plain	3–4 days	4 months
Pieces covered with broth, gravy	1–2 days	6 months
Chicken nuggets, patties	1–2 days	1–3 months

Cooking Temperatures

Product	Fahrenheit
Eggs & Egg Dishes	
Eggs	Cook until yolk & white are firm
Egg dishes	160
Ground Meat & Meat Mixtures	
Turkey, chicken	170
Veal, beef, lamb, pork	160
Fresh Beef	
Rare (some bacterial risk)	140
Medium	160
Well Done	170
Fresh Veal	
Medium	160
Well Done	170
Fresh Lamb	
Medium	160
Well Done	170
Fresh Pork	
Medium	160
Well Done	170
Poultry	
Chicken, whole	180
Turkey, whole	180
Poultry breasts, roasts	170
Poultry thighs, wings	Cook until juices run clear
Stuffing (cooked alone or in bird)	165
Duck & Goose	180
Ham	
Fresh (raw)	160
Pre-cooked (to reheat)	140

Power's Out

Your freezer

Without power, a full upright or chest freezer will keep everything frozen for about 2 days. A half-full freezer will keep food frozen 1 day.

If power will be coming back on fairly soon, you can make the food last longer by keeping the door shut as much as possible.

If power will be off for an extended period, take food to friends' freezers, locate a commercial freezer or use dry ice.

Your refrigerator-freezer combination

Without power, the refrigerator section will keep food cool 4–6 hours depending on the kitchen temperature.

A full, well-functioning freezer unit should keep food frozen for 2 days. A half-full freezer unit should keep things frozen about 1 day.

Block ice can keep food in the refrigerator shelves cooler. Dry ice can be added to the freezer unit. You can't touch dry ice and you shouldn't breathe the fumes, so follow handling directions carefully.

Thawed food?

Food still containing ice crystals or that *feels* refrigerator-cold can be refrozen.

Discard any thawed food that has risen to room temperature and remained there 2 hours or more. Immediately discard anything with a strange color or odor.

Is it Food Poisoning?

If you or a family member develop nausea, vomiting, diarrhea, fever or cramps, you could have food poisoning. Unfortunately, it's not always easy to tell since, depending on the illness, symptoms can appear anywhere from 30 minutes to 2 weeks. Most often, though, people get sick within 4 to 48 hours after eating bad food.

In more serious cases, food poisoning victims may have nervous system problems like paralysis, double vision or trouble swallowing or breathing.

If symptoms are severe or the victim is very young, old, pregnant, or already ill, call a doctor or go to the hospital right away.

When to report foodborne illness

You or your physician should report serious cases of foodborne illness to the local health department.

Report any food poisoning incidents if the food involved came from a restaurant or commercial outlet.

Give a detailed, but short account of the incident. If the food is a commercial product, have it in hand so you can describe it.

If you're asked to keep the food refrigerated so officials can examine it later, follow directions carefully.

Keep Your Food Safe



DEPARTMENT OF HEALTH & HUMAN SERVICES USA

FDA

UNITED STATES DEPARTMENT OF AGRICULTURE

KEEP YOUR FOOD SAFE

Food that goes bad can make you sick. This is called food poisoning.

Sometimes when people think they have the "flu" or a "stomach bug," they really have food poisoning.



What makes foods go bad? Germs. They get on foods and grow. You cannot see germs on food. You cannot always smell or taste them, either.

These are some of the foods germs like best:

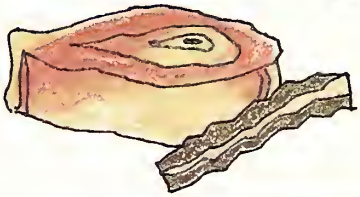
- Milk and other dairy products



- Eggs



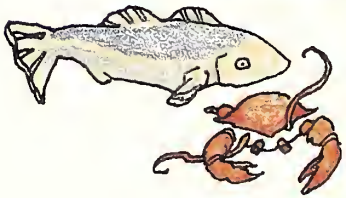
- Meat



- Poultry



- Seafood



You can keep food safe. This booklet tells you how to:

- buy safe food

  and

- keep it safe at home.



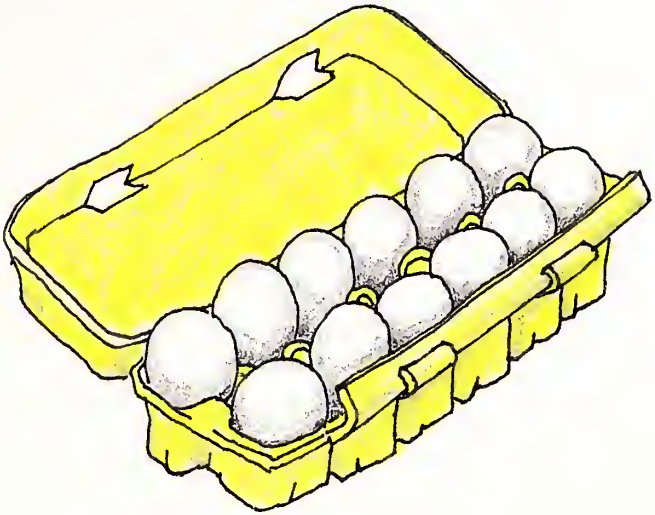
Safe Food

At the Store

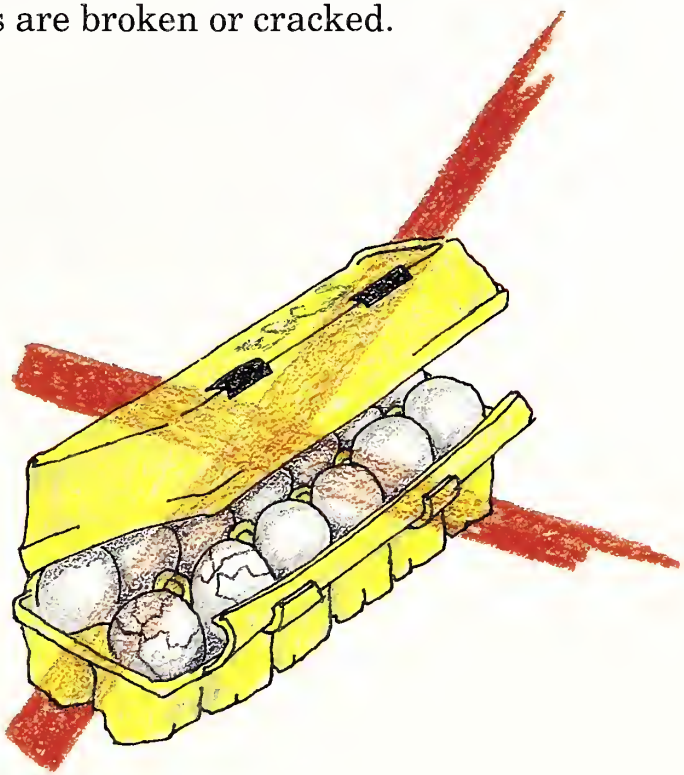


Buy cans and jars that look perfect.

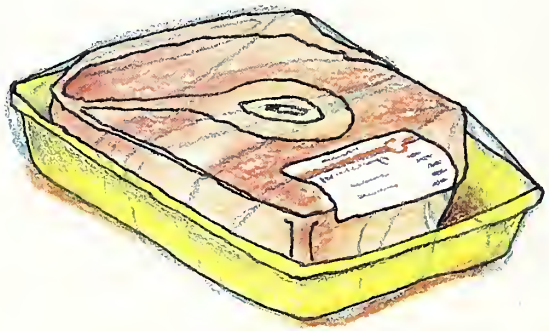
Do the cans have dents? Are the jars cracked? Do they have lids that are not closed tight? The food may have germs that can make you sick.



Check eggs, too. Open the carton and see if any eggs are broken or cracked.



Raw meat, poultry, and seafood sometimes drip. The juices that drip may have germs.





Keep these juices away from other foods. Put raw meat, poultry, and seafood into plastic bags before they go into your cart.

Pick up milk and other cold foods last. This will give them less time to warm up before you get home.



Save hot chicken and other hot foods for last, too. This will give them less time to cool off before you get home.

Safe Food

At Home



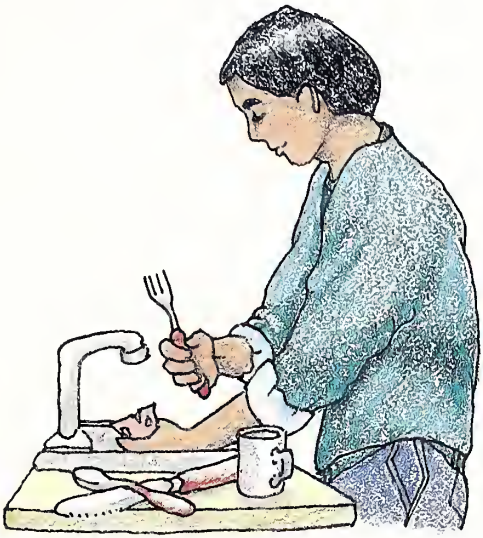
After shopping, get home as soon as you can. Then put food into the refrigerator or freezer right away. Eggs always go in the refrigerator.

Make sure that you and your kitchen are clean.

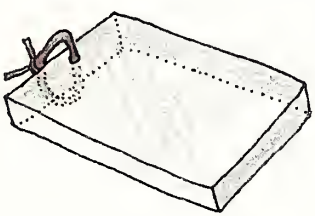
Always wash your hands before you touch food. Use warm water and soap.



Wash everything else before and after it touches food.



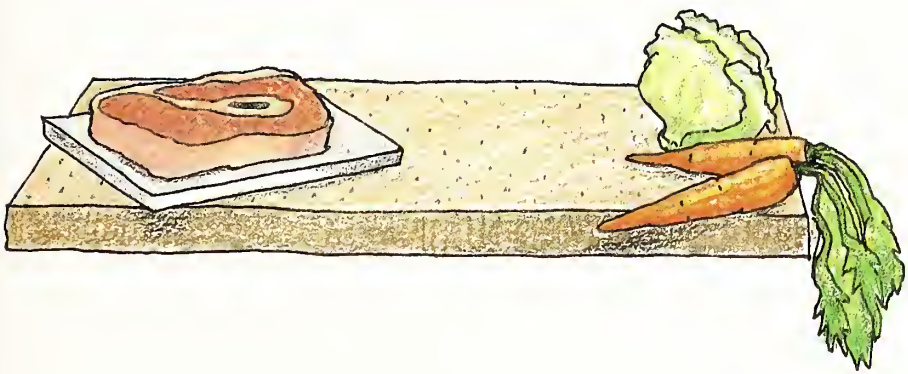
Wood cutting boards are very hard to clean. Germs hide in the cracks. Use a plastic cutting board instead.





Fresh fruits and vegetables also need to be clean. Rinse them under running water to wash dirt away.

Raw meat, raw poultry, and raw seafood can spread germs in your kitchen. Keep these foods and their juices away from other foods.

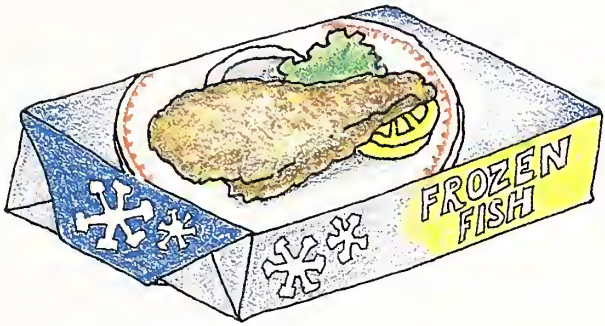


Did you wipe up the juices with a dish towel? Wash it before you use it again.



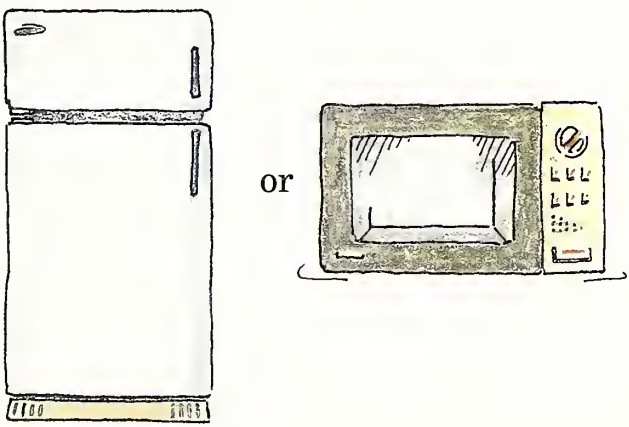


Or, use paper towels and throw them away.



Meat, poultry, and seafood need to stay cold while they thaw. Thaw them:

- In the refrigerator. Do it 1 or 2 days before you will cook the food.



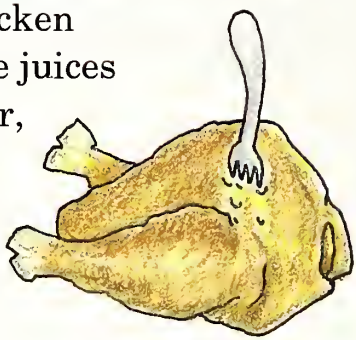
- In the microwave. Use the "defrost" setting. Then cook the food right away.

Raw meat, raw poultry, raw seafood, and raw eggs can make you sick. Cook them until they are done:

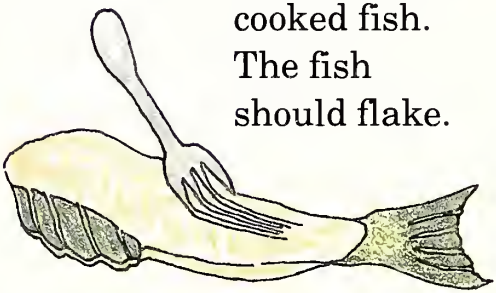
- Cooked red meat looks brown inside.



- Poke cooked chicken with a fork. The juices should look clear, not pink.



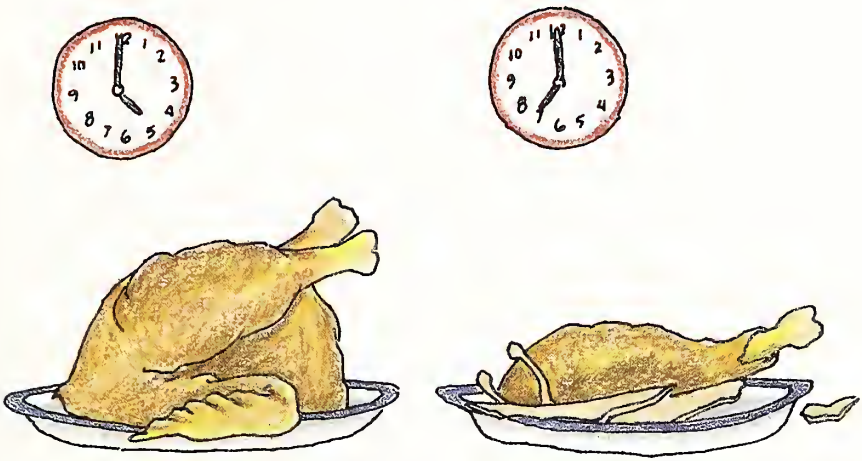
- Dig a fork into cooked fish. The fish should flake.



- Cooked egg whites and yolks are firm, not runny.



If food is left out for 2 or more hours, germs can grow.



So, put leftovers in the refrigerator or freezer as soon as you finish eating. Put them in shallow dishes so they cool faster.



Did you put leftovers in the refrigerator? Eat them in the next few days, before they go bad.

Keep Your Food Safe

It is hard to tell if a food is safe. Foods that go bad may look, smell, and taste like other foods.

So be safe.

- Buy safe food.
- Keep food safe at home.

If you think a food might be bad,
do not taste it.

Remember this: When in doubt, throw it out!



Do you have questions about food safety? The FDA (Food and Drug Administration) may have an office near you. Look for their number in the blue pages of the phone book.



Or, write a letter to:

FDA
HFE-88
Rockville, MD 20857

The U.S. Department of Agriculture (USDA) can also answer your food safety questions. You can call for FREE the USDA Meat and Poultry Hotline at

1-800-535-4555

The hotline is open from 10 a.m. to 4 p.m. Eastern Time Monday through Friday.

Department of
Health and Human Services
Public Health Service
Food and Drug Administration
February 1991
DHHS Publication No.(FDA) 91-2234

United States
Department of Agriculture
Food Safety and
Inspection Service

PROPER STORAGE AND SANITATION PROCEDURES

Consumers in the United States enjoy the most abundant and wholesome, as well as safest, food supply in the world. However, the problem of food poisoning or foodborne illness has increased in recent years. In fact, most of the roughly 2 million cases of food poisoning which now occur each year are due to mishandling of food in the home—improper preparation, cooking, or storage.

In order to keep food fresh and safe to eat, there is an urgent need to re-emphasize proper food handling and preparation procedures. Once food makes its way home, it is up to the individual household to take proper care of it.

No one has to be a statistic! Prevention is as easy as following a few simple rules.

CONTENTS

Foodborne Illness: How Does It Happen? ..... D 3

The Food Spoilers vs. the Food Poisoners ..... D 5

Growth Needs of Bacteria ..... D 7

Home Storage Tips ..... D 9

Safe Food Preparation Tips ..... D 13

Foodborne Illness: How Does It Happen?

Have you ever experienced foodborne illness? If so, did the food you ate look, smell, or taste bad? Probably not. The most common causes of foodborne illness do not change the food in any detectable way. How then can we know if the food we serve is safe?

The only way to be sure that the food we serve is safe is to know that we have handled the food properly to prevent the possibility of foodborne illness. We must be aware of what causes foodborne illness, and we must follow the safe food rules to prevent foodborne illness from occurring.

Sources of Foodborne Illness

Most foodborne diseases are caused by bacteria—single-cell living organisms so small they can be seen only under a microscope. While some bacteria are beneficial, other bacteria are harmful and cause illness. Bacteria account for more than two-thirds of all outbreaks of foodborne illness with viruses, parasites, and poisonous chemicals being responsible for the rest.

Bacteria are everywhere—in the soil, on our skin, in our nose and mouth, on dirty dishes, on raw foods, and in the intestinal tracts of humans and animals. With the right conditions they can multiply to very large amounts in just a few hours.

Three Basic "Safe Food" Rules

Given sufficient time and the right conditions, harmful bacteria will develop and multiply in the kitchen. They can spread everywhere—in cooked food left to cool on the counter, in frozen food left to thaw outside the refrigerator, at buffet tables where food is kept at unsafe temperatures, in undercooked meats and poultry, on soiled cutting boards, on utensils that go from job to job without being washed, etc. For safety's sake, always practice the three basic rules of food safety.

Rule #1: Keep Hot Food Hot.

All cooked foods should be cooked to a temperature of at least 160°F. If the food is not going to be served immediately, it must be kept at a holding temperature above 140°F. High temperatures (165°F to 212°F) kill most bacteria. Lower cooking and holding temperatures prevent growth, but may let bacteria survive.

Rule #2: Keep Cold Food Cold.

Cold foods should be kept refrigerated from 35°F to 40°F, and all cooked foods that are to be served cold or stored should be rapidly cooled to 40°F or below. At this temperature, only slow growth of certain spoilage bacteria can occur. Below 32°F—freezing—some bacteria may survive but will not grow.

Caution: Neither hot nor cold foods should be held for more than two hours in the **danger zone** (40°F to 140°F). The temperature "danger zone" provides ideal conditions for the growth of common bacteria.

Rule #3: Keep All Food Clean.

Since most bacteria get into food through careless handling, it is very important to keep everything in the kitchen clean. Bacteria cannot move without help, but they can hitch rides around the kitchen in many ways—on dirty utensils (washing dishes immediately after meals also helps prevent the growth of bacteria); on purses or bags placed on counter tops; on sponges or dish rags; on plates or cutting boards used for raw meats, poultry, or seafood; on hands if they are not washed; on hair if it gets into food. This bacterial hitchhiking is called cross-contamination. Cross-contamination is the main reason why keeping food preparation surfaces and utensils clean is so important.

Symptoms of Foodborne Illness

The symptoms vary, but generally, foodborne illness causes one or more of the following: diarrhea, abdominal cramps, vomiting, headache, or fatigue. There also can be mild fever, sweating, chills, muscle pain, dizziness, and problems with vision.

Different people may have different reactions after eating the same contaminated food. One person may show no symptoms; another may get very ill. How someone is affected depends on the type of bacteria or toxin, how extensively the food has been contaminated, how much food has been eaten, and how susceptible the person is to the bacteria.

For infants, the elderly, and persons who are already ill, foodborne disease can be fatal. Approximately 9,000 Americans die every year from complications caused by foodborne illness.

The Food Spoilers
vs.
The Food Poisoners

It is important to know the difference between organisms that cause foods to spoil—to rot or turn bad—and those that can cause food poisoning. A major difference is the temperatures the two types like. Most food poisoning bacteria like room temperatures (around 60°F to 90°F). They don't grow at low refrigerator temperatures.

However, food spoilage organisms—like some bacteria, yeasts, and molds—can grow at lower temperatures. Even when food is in the refrigerator at temperatures as low as 40°F, these spoilage agents can continue to reproduce.

While it is hard to be grateful for them, most food spoilage organisms at least make themselves known. The food looks or smells awful. That's a help—you know to throw it out!

The Food Poisoners

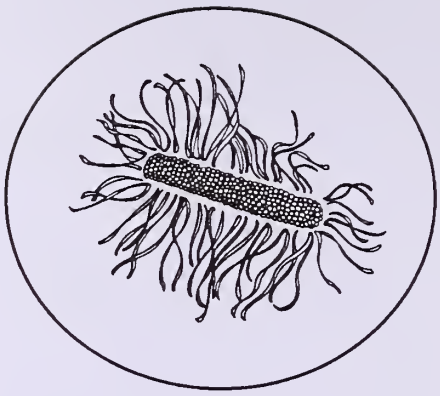
Unfortunately, the bacteria that commonly cause food poisoning are not nearly so obvious. Most of them can't be seen, smelled, or tasted. These troublemakers include staphylococcus, salmonella, perfringens, and botulism.



Staphylococcus (Staph)

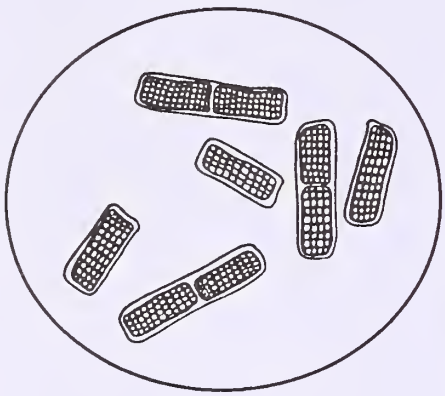
Staphylococcus aureus is the scientific name for the small, round organism that is the most common cause of food poisoning in this country. Staph is carried by humans in the nose and throat areas, and in skin infections. Staph toxins are not killed by ordinary cooking, which is why personal hygiene and cleanliness are so important in the kitchen.

Salmonella



Salmonella appears as short, thin rods under the microscope and is the second major cause of food poisoning. It is found most frequently in uncooked or undercooked poultry, meat, eggs, and unpasteurized milk. Control salmonella by cooking foods thoroughly, by keeping foods clean, and by using only pasteurized milk.

Perfringens



Perfringens, full name *Clostridium perfringens*, ranks third as a cause of food poisoning. These bacteria are present throughout the environment, growing where there is little or no oxygen. Particularly susceptible are large portions of food held at low or room temperature, and casseroles, stews, and gravies held at temperatures below 140°F or above 40°F. Eliminate breeding grounds for perfringens by replenishing buffet table servings often, rather than putting out large portions of food for an extended period of time, and by refrigerating leftover food quickly.

Botulism

Botulism, while very rare, is the deadly food poisoning caused by *clostridium botulinum*. Like perfringens, the botulinum bacteria grow best where there is little or no oxygen. Since the canning process forces air out of food, the botulinum bacteria is usually associated with low-acid canned foods, such as meats and vegetables, that have been improperly processed or stored. Always use approved methods for home canning, inspect canned goods carefully for defects, and heat home-canned meats and vegetables thoroughly (15 to 20 minutes) before serving.



Growth Needs of Bacteria

If our food is to be safe, and remain safe, we must follow the safe food rules. We must keep bacteria from growing.

Bacteria grow or *multiply* by dividing. One becomes two, two become four, etc. But this multiplication process can only take place when all conditions are right. For bacteria to grow, the following are ideal conditions:

- ***Food***
  Protein foods such as meat, poultry, seafood, eggs, and dairy products are preferred by bacteria.

- ***Moisture***
  Bacteria need water. Their food must be moist. Drying stops bacterial growth. That is why one of the oldest means of preserving meat is by drying it.

- ***Temperature***
  The temperature range most favorable to bacterial growth is 40° to 140°F. The ideal temperature is body temperature. Bacteria grow very slowly at low temperatures (refrigeration) and although they are not killed by freezing, their growth is stopped.

- ***Neutral Environment***
  Bacteria do not like an environment that is too acid or too alkaline. They do not grow well in acid foods like vinegar, citric fruits or tomatoes. Meats, though, have a very favorable neutral environment—not acidic or alkaline. Bacteria like protein foods.

- ***Air***
  Most bacteria require oxygen to grow. They are called aerobic bacteria. However, there are a few that grow well without oxygen. These bacteria are called anerobic.

- ***Time***
  Bacteria need time to grow and multiply.

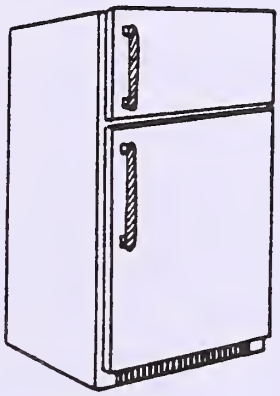
If the ideal conditions are provided, bacteria will grow rapidly. It is very important that bacteria are not allowed to have their ideal growth requirements.

Home Storage Tips

Proper storage is a key factor in reducing the chance of foodborne illness in the home. Correct refrigerator, freezer, or dry storage can make mealtime safe.

How does storage affect the growth of harmful bacteria? Bacteria thrive at room temperature. Store food in the right container, in the right place, at the right temperature, and bacterial growth can be stopped before it has a chance to start.

Refrigerator Storage



Remember, the colder food is kept, the less chance bacteria have to grow. The recommended refrigerator temperature is 34°F to 40°F. Generally, keep the refrigerator as cold as possible without freezing milk or lettuce. To make sure the refrigerator is at the proper temperature needed to give good protection against bacterial growth, check it with an appliance thermometer.

Refrigerator storage tips for keeping meat, poultry, eggs, milk, cheese, and other perishable foods cold include:

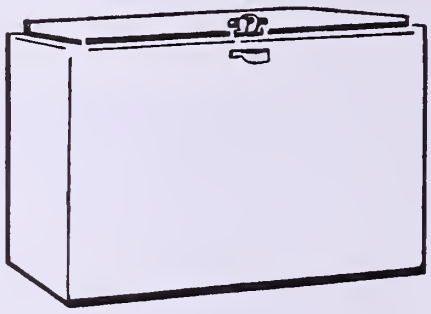
- ❑ Leave food in store wrapping unless the wrap is torn. The less food is handled, the better.
- ❑ Put packages of raw meat, poultry, or fish on a plate before refrigerating so their juices will not drip on other food. Raw juices often contain bacteria.
- ❑ Keep all foods wrapped or in covered containers.
- ❑ Store food in small portions in shallow dishes for faster cooling.
- ❑ Store meat and poultry in the coldest part of the refrigerator.
- ❑ Make sure storage containers seal tightly to prevent moisture loss.
- ❑ With poultry or other stuffed meats, remove leftover stuffing and refrigerate it in a separate container.

- ❑ Do not overload the refrigerator. Air must circulate freely to cool all foods evenly.

- ❑ Clean the refrigerator regularly to remove spoiled foods so that bacteria are not passed to other foods.

Freezer Storage

The freezer should be set at 0°F or lower. Use a thermometer to monitor the freezer temperature. Freezer temperature should never rise above 5°F.



Proper freezer storage procedures include:

- ❑ Keep foods purchased frozen in their original packaging.

- ❑ Rewrap other food carefully, using freezer containers, heavy-duty foil, moisture-proof paper, or plastic freezer wraps. Foil may develop holes when folded which may cause freezer burn. If necessary, use special freezer tape to ensure airtightness.

- ❑ Organize the freezer, with oldest foods to the front so they will be used first. Remember to label each package with name of food, date, and number of servings.

- ❑ Partially thawed food can safely be refrozen as long as it still has ice crystals and has been held no longer than a day at refrigerator temperature. Refreezing, however, may cause a loss of quality. It is best to cook the food and then refreeze it.

- ❑ Combination dishes—pies, stews, and casseroles—that have been thawed should not be refrozen.

Pantry or Dry Storage



How long canned goods keep has a lot to do with how carefully they are stored. Storage temperatures below 85°F are best. High temperatures (over 100°F) are harmful to canned goods.

For safe dry storage:

- ❑ Keep the pantry or dry storage area clean, dry, dark, and cool. To keep foods cool, do not store near the oven, stove, or refrigerator exhaust. To keep foods dry, do not store under the kitchen sink.

- ❑ Organize the area with the older cans up front for earlier use. Generally, canned goods keep for at least one year.

- ❑ Keep household cleaners, chemicals, insecticides, etc., stored in a separate area away from food.

- ❑ Be alert for signs of spoilage. Never use food from cans that are cracked, bulging, or leaking, or that spurt liquid when opened. Do not taste! These spoilage signs may mean the deadly botulism organism may be present. Discard these cans immediately.

Safe Food Preparation Tips

Proper food preparation procedures must be followed if the chances of foodborne illness are to be reduced. Good cooking practices help keep mealtime safe.

Remember that harmful bacteria can grow *anywhere* they are allowed to grow. Follow the basic safe food rules—"Keep Hot Food Hot. Keep Cold Food Cold. Keep All Food Clean."—and stop contamination before it has a chance to start.

Shop Wisely



The first step in the safe food process is to make sure the food brought into the kitchen is top quality. As you shop:

- ❑ Make sure frozen foods feel rock-solid and refrigerated foods feel cold.
- ❑ Reject cans that are swollen, damaged, rusted, or deeply indented in the seam area.
- ❑ Carefully read the "sell by" date (how long the grocer can keep the product for sale on the shelf) and the "use by" date (how long you can keep the product at top eating quality in your home).
- ❑ Make frozen and refrigerated foods the last purchase on your list, especially during the summer months.
- ❑ Take groceries home and store them promptly.

Keep Everything Clean

By knowing where bacteria can flourish, a close watch can be maintained every day to eliminate their breeding grounds on:

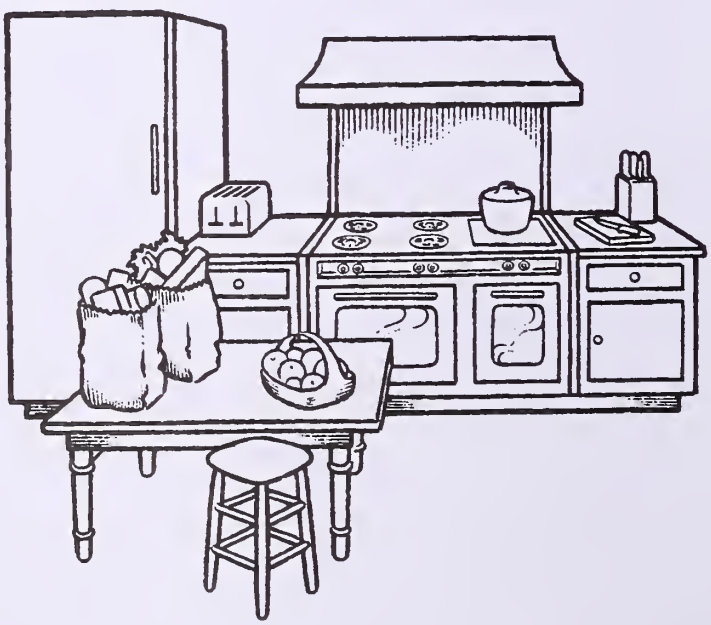
- ❑ ***Hands***
  Wash, wash, and wash again. Hands must be washed in warm, soapy water before and after every step in the food preparation process.

- ❑ ***Work Surfaces***
  Clean them often and remove all food particles. Sanitize cutting boards after each use with a bleach and water solution (1 tablespoon of bleach per 1 gallon of water) and let them air-dry.

- ❑ ***Utensils***
  Beware of cross-contamination. For example, vegetables for a green salad should not be sliced with the same knife that was just used to slice raw meat.

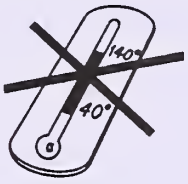
- ❑ ***Towels and Dish Cloths***
  They can harbor bacteria. Change them often. Throw out dirty sponges.

- ❑ ***Appliances***
  Pay particular attention to the refrigerator. Wipe up spills right away, and keep shelves, sides, and door sanitized.



Know the Foods That Need Special Attention

Milk and other dairy products, eggs, meat, poultry, seafood, and home-canned goods are the items that require special care in the kitchen. The rules which must be followed to assure safe cooking and safe eating are:



Keep food out of the temperature danger zone—40°F to 140°F. Foods left out for more than two hours invite bacteria to grow.



Thaw meat, poultry, or fish in the refrigerator. Never thaw on the counter. Bacteria thrive in food at room temperature.



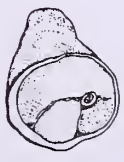
Thoroughly reheat leftovers. Bring sauces, soups, and gravy to a boil. Heat other leftovers thoroughly to 165°F.



Cook chicken and pork well done. It is not safe to eat rare or medium-rare poultry or pork. When grilling, be patient. Grill temperature is as important as oven temperature in killing bacteria.



Stuff chicken or turkey just before roasting. This keeps the bacteria in raw poultry from invading the starchy stuffing, a favorite breeding ground. Once cooked, poultry and stuffing should be stored separately in the refrigerator.



When in doubt, cook ham. If the label fails to indicate a fully cooked product, don't take any chance—cook before eating. Because ham is cured and often smoked, aged, and dried, does not mean it is "protected" against food poisoning. It isn't always!



Boil all home-canned foods before serving. First, bring the food to a rapid boil. This brings out any tell-tale botulinum odors. Some botulinum bacteria produce gas you can smell.

If the product smells all right, lower the heat and continue boiling the food, covered, for a second period: 10 minutes for high-acid foods and 20 minutes for low-acid foods—meat and poultry products, peas, beans, and corn. The second boiling kills any botulinum toxin that might be present even though it did not smell.

Complete both boiling periods before tasting for quality or to add seasoning. But if a spoiled odor appears or the food is foaming or looks odd, throw it out without tasting.



When in doubt, throw it out. Never taste any food that looks or smells strange. Just discard it.

Section E: Teaching Tips and Techniques

POLY-VU
#PV-119E
K&M Company
TORRANCE, CA 90503

TEACHING TIPS AND TECHNIQUES

Education is the key to any strong, successful program. It is through education that people gain the knowledge that helps them change habits, lifestyles, and behaviors. It is important to remember that the provision of educational opportunities should be an ongoing process.

Because learning is so complex, it is important to use a variety of approaches and/or methods. While there are many ways that can be used to present a message, some of the most commonly used methods include demonstrations, lectures, and visuals.

This section will explore these methods. In addition, this section includes a variety of tips and techniques that can help make teaching fun for you and—most important—learning fun for the participant.

It is important to remember that although a person can listen at 700 words per minute, what is remembered the next day is much less. Just "telling" a person something is not one of the best teaching methods. Since what we want to accomplish with our teaching is to have people remember and apply what they have heard, seen, and/or done, "hands-on" experiences should be provided as much as possible for maximum learning to occur.

An old Chinese proverb may state this concept best:

" I hear and I forget; I see and I remember;
I do and I understand."

CONTENTS

Structuring the Message . . . . . E 3

Teaching Tips . . . . . E 5

Preparing an Environment for Learning . . . . . E 7

Evaluation . . . . . E 9

Participant Evaluation Form . . . . . E 10

Self-Evaluation Checklist . . . . . E 11

The Why's and How's of Demonstrations . . . . . E 13

Food Demonstration Tips . . . . . E 15

Demonstration Planning Sheet . . . . . E 16

Demonstration Outline . . . . . E 17

Developing a Speech . . . . . E 19

Speech Outline . . . . . E 23

Visual Aids . . . . . E 25

Choosing a Visual . . . . . E 27

Make Your Own Simple Visuals . . . . . E 29

Using Visuals to Teach a Lesson . . . . . E 32

The Visuals Kit . . . . . E 33

Make Your Own Easel . . . . . E 34

Clip Art . . . . . E 35

Structuring the Message

Once the needs of the learner (client) have been identified from the perspective of both the client and you, the next step is to decide on the structure and content of the message. The "message" needs to be constructed so that it is easily understood, applicable to the situation, and beneficial to the client.

When developing your "message," remember to:



1. ***Prioritize the Problem To Be Addressed To Prevent "Information Overload"***
   Although you may want to address every need or concern that a client has, resist the urge to provide all the information at one session. The average attention span is said to be 22 minutes. You can decide what need(s) to focus upon by determining: (1) what impact using a commodity food can have, and (2) what change in a food habit can be made easily by the client(s) with whom you are working.

   By limiting the needs addressed, both you and the client will be clear as to the content of the nutrition message. The client is less likely to leave with his or her head spinning from "information overload", to forget what was said, and to develop a negative attitude towards the education provided by the Food Distribution Program.

2. ***Keep It Simple***
   It is important to keep your message simple and practical. Determine what is necessary information vs. nice-to-know information. Necessary information is information the client needs to know to make the desired change. For example, an anemic person needs to know which foods are high in iron, so they can make a plan (what, how, when) for increasing iron in the diet. The person does not need to know the definition of hemoglobin, the function of red blood cells, or the symptoms or consequences of anemia. Until the person knows how and what to do, the "why" does not mean anything.

3. ***Keep It Specific***

Most persons learn concrete, specific information more easily than abstract concepts. Try to use specific suggestions or situations in the message. For example, suggest that a person "eat 1 cup of raw dark-green, leafy vegetables, such as spinach, and/or 1/2 cup of deep-yellow vegetables, such as carrots, at mealtime" instead of "eat more foods rich in vitamin A."

4. ***Build On Present Knowledge***

Adults come to a learning situation with a variety of experiences, beliefs, values, insights, and different levels of knowledge and understanding. Praise the positive food and health habits that currently exist and try to build on these habits. If change of an old practice is needed, suggest a marginal rather than radical change. For example, suggest that a client reduce the number of times a week that fried foods are used rather than telling them to avoid frying at all. Try to link new or unknown information with old or known information.

5. ***Use Accurate, Up-To-Date Information***

Credibility can be damaged if incomplete, inaccurate, and/or out-of-date information is presented. It is important to have a thorough knowledge of the subject you are going to teach and to use only current, accurate information.

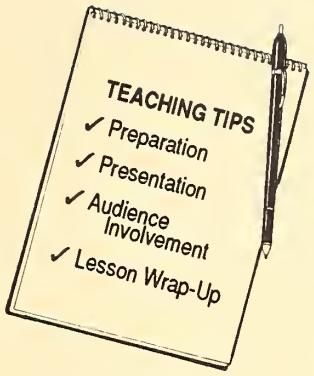
6. ***Repeat Important Concepts***

Once is not always enough. Make sure you reinforce your message. Whether you are making a presentation to a group or talking individually with a client, you need to state the information, expand upon the information, and summarize the information.

7. ***Make The Message Consistent***

Everyone needs to hear the same information. People talk and share knowledge. If one person is told one thing and another person is told something totally different, your credibility could be damaged.

Teaching Tips



Effective teaching does not "just" happen. It requires a lot of time and effort. It does, however, get easier with time and practice. Try to make the following teaching tips second nature.

1. Preparation

Allow time for preparation. Being prepared is an important key to being an effective teacher. A good teacher spends more time in preparation than in doing the presentation.

2. Presentation

Use a checklist to remind yourself of all the details needed for the presentation. Check ahead of time to be certain the room arrangement and equipment needed are available.

The first few minutes in a lesson are important. A good beginning gains attention, arouses interest, establishes a good relationship with the group, and should lead the minds of the learners into the topic you are teaching.

3. Audience Involvement

Presenting ideas and information is basic to teaching and is very important. However, it is hard for most people to just sit and listen. When interested, the learner wants to get "into the act" and do something. Each teacher is challenged to help the learner do more than listen. Audience participation helps them practice new ideas, clear their own thinking, maintain their interest, and build new skills.

Strive to keep the audience interested. Instead of reading your lesson, present it in your own words from notes. Add your personality to your presentation and use personal stories to emphasize your point. Each teacher has a style of his/her own. Use your style to the best advantage.

4. Lesson Wrap-Up

The closing of the lesson is just as important as the beginning. Good endings need to be planned. The last part of the lesson does the following:

- ✓ Offers the group a chance to make comments and ask questions.
- ✓ Reviews important ideas.
- ✓ Helps the group identify what they have learned and gain a satisfied feeling.
- ✓ Reminds the group how they can use what they have learned in their lives.
- ✓ Challenges the group to use what they have learned to do further thinking.
- ✓ Ends the session in a positive way!

Preparing an Environment for Learning

The environment (place and surroundings) where a presentation is going to take place can affect the quality of learning. The learning environment includes the physical setting and the interpersonal relationships between the learner and the teacher. These factors directly shape the motivation and behavior of the learner.

As the teacher, you have some control over the learning environment. Review the following checklists as you prepare for your teaching.

Checklist for Physical Surroundings

_____ Comfortable space
_____ Appropriate furniture
_____ Adequate lighting
_____ Minimum outside noise
_____ Good ventilation
_____ Informal seating, promoting interaction with others
_____ Restrooms available
_____ Adequate nearby parking
_____ Easy-to-read name tags
_____ Visuals and equipment to help teach

Checklist for Interpersonal Relationships

_____ Welcome participants as they arrive
_____ Plan a get acquainted activity
_____ Practice good communication techniques
_____ Make sure you are addressing the needs and/or interests of the group
_____ Practice democratic leadership
_____ Let participants evaluate the learning experience

Evaluation

The teaching process is not complete without evaluation. Evaluation can identify gaps in the lesson, serve as a means to share information, and guide planning for future lessons.

Through the evaluation process, you can judge the results of the lesson to determine its worth or value to the audience or learner. Consider two approaches to the evaluation of your teaching: (1) How well did you do as a teacher? How would you teach this lesson again? (2) Did the audience learn what you expected? What difference did the lesson make to the participants' lives?

Evaluation can point out your teaching strengths and identify areas that need improvement. Using a checklist (see page E 11) at the completion of the lesson can be an effective method of self-evaluation.

Measuring the knowledge, skills, and attitudes participants gained, plus if or how they applied them in their lives, is an important part of evaluation. Surveys or interviews at the close of the lesson and/or several months later are often used. A test before the lesson and the same test afterwards is also an effective means of measuring what was learned.

Plan the evaluation method you will use as you plan the lesson. The method should provide information which will give you proof (evidence) of what people learned, how people applied it, and what difference it made in their lives.



Participant Evaluation Form

Thank you for attending this workshop. Your comments and feelings about this meeting are very helpful. This is one way we improve and/or plan future workshops. Please let us know what you think. It is *very* important!

1. **How useful was this session to your present needs?**

   Please circle one:

   Highly useful Fairly useful Slightly useful Not very useful

2. **How likely do you think it is that you will use any of the information you learned today?**

   Please circle one:

   Highly likely Fairly likely Slightly likely Not very likely

3. **What do you think might be a change (if any) you will make as a result of this workshop?**

4. **Please list your comments about this meeting and/or the leader (such as how it was presented, what was presented, your feelings, etc.).**

5. **Please list any workshop topics you would like to see presented in the future.**

Self-Evaluation Checklist

ITEM	YES	NEEDS IMPROVEMENT
MATERIAL		
1. Was my material appropriate for the group?	____	____
2. Was it well organized?	____	____
3. Did I make the objectives known?	____	____
4. Did I explain and emphasize main points?	____	____
5. Did I achieve the objectives?	____	____
6. Were my visual aids effective?	____	____
7. Did I summarize?	____	____
8. Were the activities of value?	____	____
PRESENTATION		
1. Did I secure the attention and interest of the participants?	____	____
2. Did I give an organized presentation?	____	____
3. Did I motivate the group?	____	____
4. Did I use my visual aids effectively?	____	____
5. Did I establish rapport with the group?	____	____
6. Did I encourage participation?	____	____
7. Did I use simple, understandable, correct language?	____	____
8. Did I use the proper tone of voice?	____	____
9. Were my gestures meaningful?	____	____
10. Did I say "ah" or "er" or use words such as "well," "now," or "OK" excessively?	____	____
11. Could I be heard and understood?	____	____
12. Was my demonstration correct and well organized?	____	____
13. Did I make the best use of the time available?	____	____
FACILITIES		
1. Were the physical arrangements satisfactory?	____	____
2. Did I keep adequate records?	____	____

ITEM	YES	NEEDS IMPROVEMENT

POST COURSE

1. Were the training objectives achieved? To what extent? If not, why not? _____ _____

2. Were the participants' expectations met? How do I know? _____ _____

3. What were some of the indications of changes in knowledge, skills, or attitudes?

4. What teaching methods worked well?
   Why?
   Which ones were not successful?
   Why?

5. Were the facilities and equipment satisfactory? How might they be improved? _____ _____

6. What improvements can be made in the material?

7. Did everyone participate? _____ _____

The Why's and How's of Demonstrations

A demonstration is an *oral* and *verbal* presentation of how and why something can and should be done. Its basic purpose is to convince the audience that what is being demonstrated is good and to show clearly the means of doing it. Remember, what we **see** and **hear** at the ***same*** time makes a clearer and more lasting impression.

Demonstrations should be lively, attention getting, and designed to encourage repetition of suggestions at home. Any subject can be presented in a demonstration, but whatever the topic, it must be carefully planned, prepared, and executed.

While good techniques help make a lasting impression, good personal appearance is necessary to create a favorable impression. Good posture, good grooming, and a pleasant voice are necessary for successful demonstrations. Stand on both feet for good balance. A friendly, enthusiastic leader who is well prepared will carry the audience with them to the end of the presentation.

Guideposts to Successful Demonstrations

1. Know your subject. Never try to do a demonstration for a group before you have perfected your plans and techniques.

2. Make sure all your ideas and procedures are organized into a logical, sequential pattern. Make an outline. Be sure that everything to be said is included, that it makes sense, and that it can be done (i.e., that it can be completed in the allotted time, and that the equipment is available and can be handled easily under the actual presentation conditions).

3. Avoid putting too many ideas into one demonstration. Keep the presentation simple.

4. Determine the amount of time necessary to complete the demonstration without too much rushing. Do not speak or move too fast. Allow time for the ideas to "sink in."

5. Be sure to have all materials needed for the demonstration.

6. "Hook" your audience with a catchy but meaningful title and an interesting introduction. You do not need to begin a demonstration with the statement, "My name is _____ , and I am going to show you how to make _____ ."

7. Practice the demonstration ahead of time, but do not try to memorize. Speak clearly and confidently. Maintain eye contact with the audience.

8. Arrive early at the demonstration site. Double check to make sure everything is ready to go.

9. Use charts or posters only if they add to the clarity and effectiveness of the demonstration. Chart lettering should be simple and readable at a distance of 30 feet.

10. Be prepared for the unexpected. Be familiar enough with the subject to be able to adapt in the event of unforeseen problems. Continue talking about the subject while making adjustments.

11. Relax and enjoy yourself...you know what you are doing! The presentation is the easy part. If you have done your homework and are prepared, there is nothing to worry about. You know the material, and the audience came to hear you. Give them your best!

12. Allot time for questions after the demonstration has been presented. If a question is asked that you cannot answer, tell the person you do not know the answer but will research the subject and get back with them.

Food Demonstration Tips

1. Cover the work table or demonstration area with clean, white butcher paper, if necessary. This will depend upon the condition and type of facilities available.

2. Wear an apron and wash your hands with soap and water before beginning your demonstration. Wash your hands again when you have finished.

3. Keep equipment and supplies from blocking the front of the work space. You want the audience to be able to see each step of the demonstration. Equipment or supplies not needed at once can be placed on a table behind the work table.

4. Group equipment as much as possible. Use trays and keep equipment within easy reach.

5. Set up tray(s) with ingredients placed in order of use.

6. Transparent or see-through equipment permits the audience to see the material or process (i.e., clear glass mixing bowls).

7. Keep a damp hand towel or paper towels handy to use for spills or for wiping your hands or the table.

8. Have some extra supplies (ingredients and small equipment) handy in the event of an accident.

9. Arrange an attractive display of the finished products.

10. Make sure that at the end of the demonstration, the audience knows: (1) what you did; (2) how you did it; and (3) the results.

Demonstration Planning Sheet

I. Name of Demonstration: _____

II. Date of Demonstration: _____

III. Location of Demonstration: _____

IV. Main Theme and/or Points to be Stressed: _____

_____

_____

_____

V. Supplies Needed: Carefully read all instructions. List all ingredients and equipment needed in the order it will be used. Check supplies the day before giving demonstration to make sure everything is available.

Ingredient	Amount Needed	On Hand	Locate/Pick Up

Equipment	On Hand	Locate/Pick Up

Demonstration Outline

Title (Make it catchy but meaningful)

I. ***Introduction:*** "Tell them what you are going to tell them." The introduction serves three vital functions: (1) it lets the audience know who you are, (2) it lets the audience know what the demonstration is about and why you are giving it, and (3) it catches the audience's attention.

Visual	**Vocal**
	A. An attention-getting statement about the subject. B. Introduce yourself.
Point to the equipment.	C. Explain what you are going to do, including a general reference to the equipment to be used.
	D. Explain why knowing what you are going to demonstrate is important to the audience.

II. ***Development***: "Tell them." The development of the demonstration is where the demonstrator explains and shows what is done, how it is done, and why it is done that way.

Visual	**Vocal**
	A. Explain how the procedure begins.
Use the equipment to perform the function.	1. *What* is done 2. *How* it is done. 3. *Why* it is done that way. 4. Mention alternate ways it may be done.

B. Explain the next step.
   1. Equipment needed.

Use the equipment to perform the function.

   2. What...
   3. How...
   4. Why...

   (There may be several steps. Explain each step in sequential order.)

C. Explain how to finish the job.
   1. Equipment needed.

Use the equipment to perform the function.

   2. What to do.
   3. How to do it.
   4. Why do it that way.

D. Make additional pertinent comments.
   1. Clean-up...
   2. Be careful about...
   3. Etc.

III. ***Conclusion*****:** "Tell them what you already told them." The conclusion is a summary of the demonstration. It reminds people of the most important things to be done and restates the main advantages for doing it that way. You should be able to show a finished product.

Visual	**Vocal**
	A. "When doing this, don't forget..."
Point to the material.	1. Main point...
	2. Main point...
	3. Main point...
	B. "Following these steps will help you prepare nutritious meals for your family."
	C. "Are there any questions?"

Developing a Speech

The thought of giving a speech does not have to be, nor should it be, a terrifying experience. Speech is the most effective means of communication between human beings. It is how ideas and thoughts are communicated from one person to another or from one person to many others.

There is no easy way to become an effective speaker. It is hard work, but the rewards are great. The accomplished speaker has a skill which will pay big dividends.

If you are nervous about speaking, start out with short talks of 10 to 15 minutes. These could be in front of a small group of friendly faces. Get your confidence built up before you speak before larger groups. Speaking will become easier as you become more comfortable.

Preparing the Speech

A speech has three parts: (1) the introduction, (2) the body, and (3) the conclusion.



Introduction

In the introduction, you need to accomplish two important things: (1) get the attention of your audience, and (2) indicate the scope of your speech or what you hope to show or accomplish by your talk.

To get the attention of your audience, get them interested or involved. Begin with (1) a question *(the audience will become involved by formulating an answer in their own minds)*, (2) saying something that makes a difference, or (3) painting a verbal picture of a situation.

Be original. Get off to a good start by "hooking" your audience so they simply cannot turn you off. Then, to be fair with them, let them know the direction your speech will go and what you hope to accomplish. *(Do you want to inform, entertain, or move them to a specific action, etc.?)*

Body

Your speech is well begun. Now you are ready for the body. In the body, you explore your subject and cover three or four main points. Caution: Do not overwhelm your audience with 10 to 15 ideas on your subject. Group your thoughts around only a few ideas. This will make it easier for the audience can recall the points you made. Also, do not use so many statistics that the audience cannot possibly remember them after you have finished or at least remember the judgment they formed from your facts and statistics.

Conclusion

The conclusion of your speech may be a summarization of the points you made or a reminder of the things you started out to prove. Some say the three parts of a speech consist of telling them what you are going to tell them, telling them, and telling them what you told them! At any rate, "nail it down" at this point. You could, for instance, go back to your introductory quote or idea, and express it again in a brief, but memorable, way.



Presenting the Speech

After you have prepared your speech, give attention to its presentation. A great deal of practice is necessary if you are to do an effective job. An effective presentation is (1) organized, (2) meaningful, (3) inspirational, and (4) clear.

When it is almost time for the speech, perhaps you will find it helpful to get "psyched-up" for the event. Remind yourself that you know your subject and are somewhat of an authority. Also remember that, although you may be sick and tired of the whole thing, the audience has never heard what you have to say. Try to recapture the sparkle and enthusiasm you felt for your subject when you began your work.

Overcoming the Jitters

Everyone gets butterflies in their stomach before they "go on." That is only natural and a little nervousness is a good thing. It indicates that you care and are concerned. It can help you do your best job. To avoid undue nervousness, however, some find it helpful to breathe deeply a few times several minutes before speaking. Tensing muscles and then relaxing helps sometimes, too. But the knowledge that you are well prepared is perhaps the best insurance against stage fright.

Getting Started

Start off your speech by greeting your audience with a smile and an air of self-confidence. This may take a bit of bluffing, but it pays dividends. The very act of seeming poised will actually give you that quality. Take your time. Make sure to establish eye contact and be comfortable before you begin.

Even your posture is important. Stand *away* from obstacles. Speaker's stands may be dangerous—they sometimes encourage bad posture. Avoid "hiding" behind them.

Your hands belong at your sides, not behind you or in front of you where they may betray your nervousness. Your feet should be far enough apart to give a good, solid foundation.

Gesturing

Standing several minutes in one position is tiresome—both to the speaker and to the audience. As you begin a new section of your speech, step forward or to the side to provide a release or relaxation for you and your listeners. In general, avoid moving backward, since it implies you are trying to escape! Do not pace, but do change positions several times.

In ordinary conversation, we convey meaning with our movements as well as with our words. We "talk with our our hands" to some extent. Do likewise in a speech. Gestures should reinforce what you are saying and should be a natural outgrowth of your thoughts.

Do not use just an arm or hand. To do so may make your movements puppet-like. Use the whole body to emphasize your points—a raised finger to call attention, a shrug to show indifference, a fist to emphasize strong feeling—all entered into with the whole body.

Remember, too, that the face is important. Use your smile, your eyes, and even your eyebrows to convey your thoughts.

Speech Outline

_____

Title (Make it catchy. Get your audience's attention)

A. OPENING

Time to grab attention. Use a startling statement, statistic, etc.

B. BODY

Keep this section to 3 or 4 main points.

Main Point # 1 _____

Main Point # 2 _____

Main Point # 3 _____

Main Point # 4 _____

You may include several subpoints under each main point. Try to develop a main theme that is repeated throughout each main point.

C. CLOSING

Summarize concisely. Tie your closing remarks to your opening statement.

Visual Aids

Effective visuals help teachers explain concepts. If used correctly, visual aids can enhance a presentation and should be considered when planning any presentation.

Visuals increase learning in the following ways:

- ❑ Simplify or clarify information.
- ❑ Present information in a logical format—makes it easier for an audience to follow along.
- ❑ Present information in different ways—individuals learn in different ways.
- ❑ Reinforce key concepts.
- ❑ Summarize the information presented.
- ❑ Entertain, prevent boredom, and keep the audience attentive.
- ❑ Increase the retention of information presented.

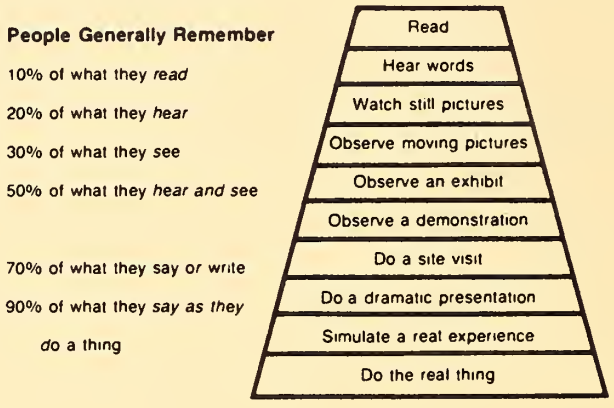
As a teacher, you are concerned with how people learn *and* remember:

Learning

About 85% of learning occurs through vision. This includes reading, seeing demonstrations, seeing pictures and drawings, and observing daily life. About 10% of learning occurs through hearing. This includes lectures, hearing instructions on how to do something, and listening to everyday happenings. Taste, touch, and smell account for the rest.

Remembering

The important thing is to *teach* so that what is *learned* will be *remembered*. As you choose the teaching methods and visuals you will use, refer to Edgar Dale's "Learning Cone of Experience" below. Also, use the list beside it as a guide when preparing your lessons.



Selecting Visual Aids

Choose visual aids appropriate for the learners *and* the topic you are teaching. The best teaching aid is the real object or experience itself—actually using or making or seeing it. However, that is not always possible. When you cannot use the real thing, a *model* is the next best thing. *Moving pictures* are the next choice.

When these items are not available, *simple visuals* make good teaching aids. Simple visuals include *still pictures* and *written words*.

The chart on pages E 27-28 identifies several types of visuals plus the advantages/ disadvantages of each medium. Always remember that for any visual aid to be effective, you must: (1) choose the correct type of visual for your audience, and (2) if using an audiovisual (videotape, filmstrip, slide/tape, etc.), be able to operate the necessary equipment.

Choosing a Visual

MEDIUM	ADVANTAGES	DISADVANTAGES
Audiotape	Easily made and reproduced. Equipment is generally available. Combines easily with other media. Easy to transport.	Used alone, tapes can be boring. Cannot be sped up or slowed down. Sound systems in various settings may not be dependable.
Chalkboard	Very flexible. The time it takes you to write may be time the audience needs to "catch" up. Excellent back-up in event something goes wrong with other visuals. Low cost maintenance and supplies.	Only intermittent eye contact. May cover part of the board while writing. May be time consuming. Works only for small groups in a fairly small room. Cannot accommodate much material. No permanent record. Must be clean to be visible.
Demonstrations	Attention grabbing. Good for most sizes of groups. Visibility and lighting not usually a problem.	Must be rehearsed. Requires a lot of preparation.
Films/ Videotapes	Presentation will always be the same and can be repeated easily. May be the only way to present some types of information. Useful with groups of varying sizes. Visual experiences approximate reality. Entertaining and a nice change of pace.	Difficult to change presentation. Pace of presentation is set. Viewing image is usually small. Depending upon viewing situation, room may need to be darkened. Must have the right type of equipment to present. Lot of hardware with potential for foul-ups. Equipment may not be readily available or portable. Originals are expensive to produce. Require a lot of planning time. Often need professional help to create.
Filmstrips	Relatively inexpensive. Rate of presentation can be controlled by speaker. Often can be used with a tape. Easy to handle and store.	Permanent sequence cannot be changed. Equipment may not be readily available. Depending upon viewing situation, room may need to be darkened.

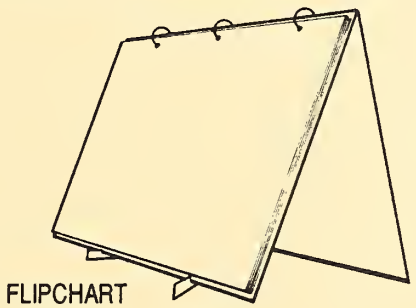
MEDIUM	ADVANTAGES	DISADVANTAGES
Flannel/Hook & Loop Boards	Flexible, easy to change format. Hook and loop boards can display heavier objects. Flannel boards are inexpensive.	Advance preparation necessary. Portability depends on size. Useful only with small to medium-size groups.
Flip Charts	Portable. Sheets can be torn off and distributed. Materials can be revealed step-by-step. Provides semi-permanent record. Can be stored for future use. Fairly inexpensive.	Cannot accommodate large volumes of material. Not good for large groups. Pad/sheets are consumable—must be replaced.
Overhead Transparencies	Can be made quickly and inexpensively. Work well with fairly large groups. Permit presenter to write on them as they are used, if necessary. Easy to store. Equipment easy to use. Rate of presentation controlled by the speaker. Require a minimum of advance planning. Allow speaker to face audience. Can be used in normally-lighted room.	Must be simple to be understood at a glance. Not particularly exciting.
Posters	Format very flexible. Inexpensive way to add color. Short preparation time. Works well with other types of media.	Useful only with small to medium-size groups. Sometimes hard to store and/or transport. Fairly limited life expectancy. Awkward to change in front of groups. Size of room/lighting must be good.
Slides	Useful with large and small groups. Can be rearranged easily. Rate of presentation controlled by speaker. Easy to store. Can be combined with an audiotape to make a more polished presentation.	Arrangement must be checked each time to insure correct order and correct perspective. Must have special equipment to use. Room needs to be darkened. Must have some photographic skills to produce. Somewhat expensive to reproduce.

Make Your Own Simple Visuals

Although there are a lot of ready-made visuals on the market, often you will need to make your own visuals. Simple visuals are the easiest and least expensive type to make. However, whether you decide to purchase a visual or make it yourself, all visuals must be well planned and prepared to be effective.

You can choose from several types of simple visuals, such as:

Posters	Flashcards
Flipcharts	Flat Maps
Photographs	Charts
Drawings	Graphs



FLIPCHART

Use drawings when a photograph or slide of the real object is not available. Line drawings are also a good way to simplify a concept. Use charts and graphs to show comparisons or proportions. Drawings, charts, and graphs can be prepared on posters, flipcharts, slides, or overhead transparencies. Use photographs and slides to show real objects.

A photograph is more appropriate for very small groups since it is usually not larger than 8- by 10-inches and has some detail. Flipcharts and posters are appropriate for groups of 5 to 30 people. Slides and overhead transparencies are better for groups of 25 or larger since they can be projected to wall-size.

Designing Your Visuals

As you design and prepare your visuals, use the six tips that follow:

1. ***Understanding***
   Visuals should have a point. Organize ideas so that they make sense. Use familiar words. If you use a new or technical word, print it clearly and correctly.

2. ***Simplicity***

Limit each visual to one or two ideas. Use few words. Short phrases are better than complete sentences.

3. ***Neatness***

Keep your visuals neat. Make them in a clean area using clean hands and materials. Allow open space on all visuals—both around the border and within your message. Avoid clutter. On larger items to be seen from a distance, allow a border of two to three inches. On visuals smaller than 11- x 17-inches, borders of one and one-half to two inches are good. The openness is more pleasing to the eye and makes reading text or understanding a picture easier.

4. ***Color***

Use color to do several things: (1) attract attention, (2) emphasize or contrast, (3) set a mood, and (4) identify something. Limit each visual you make to two or three colors, including the background. Use cool pastel colors (blue, violet, green) for backgrounds. Use warm colors for your message (red, orange, yellow), since they seem to advance and emphasize the message. Use bright, bold colors on a neutral background.

5. ***Readability***

There are several things you can do to make your simple visuals easier to read.

✓ ***Use readable colors*** - Contrasting colors make visuals easier to read. This list gives color combinations with good contrasts. All are good choices.

1. Black on yellow
2. Green on white
3. Red on white
4. Blue on white
5. White on blue
6. Black on white
7. Yellow on black
8. White on red
9. White on green
10. White on black

✓ ***Use open space*** - Good margins make visuals easier to read—it is difficult for the eye to focus on pictures and letters that go all the way to the edge.

✓ ***Use readable letters*** - Use uppercase (capitals) *and* lowercase (small letters) on your visuals. You may use all uppercase letters for titles or headings but do not overdo it—they are harder to read. Print your lettering—it is easier to read than handwriting.

✓ ***Use readable words*** - Print words *across* the page, not up and down. Space letters and words so they are easy to read—do not spread them out too much or crowd them too close together.

✓ ***Space words, sentences, and lines properly*** - Allow one and one-half letter widths between words and three widths between sentences. A letter width is based on the width of the lowercase letter "m". For example, if the lowercase letter "m" in the lettering you are using is one-half inch wide, allow three-fourths of an inch between words and one and one-half inches between sentences. Allow enough space between lines for readability.

6. Size

Letters, pictures, and figures should be large enough to be seen clearly by those in the last row. A good rule of thumb is one inch in height for each 10 feet in distance. For example, if the learner farthest from you is 20 feet away, the *lowercase* letters on your visual should be about one and one-half to two inches tall.

Using Visuals to Teach a Lesson

When used properly, visuals increase the learner's understanding of what you are teaching. Follow these tips to improve the effectiveness of your presentations:

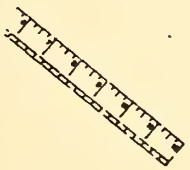
- ❑ Visit the meeting site in advance, and plan your visuals accordingly.
- ❑ Arrive early at the meeting site for your lesson. Allow time to organize your materials.
- ❑ Place visuals where everyone can see them clearly. Arrange chairs so you and the visuals are in clear view. Use an easel, wall, or other object to keep the visuals high enough so all can see.
- ❑ Be sure your visuals are well lit. Rearrange furniture or lighting if necessary. Remember, a visual cannot do its job if it cannot be seen.
- ❑ Check for glare. First, position your visuals; then look at them from different parts of the room. Does the lighting cause a glare? If so, adjust the lights or tilt the visual forward or backward a bit to change the angle.
- ❑ Practice your lesson several times until you are comfortable using and handling the visuals.
- ❑ Hold visuals steady. Use a wall or easel to support the visuals.
- ❑ Hold a visual up long enough for all to see it clearly.
- ❑ Talk to your audience—not the visuals. Glance at the visual if it helps remind you of the next point you want to make.

The Visuals Kit

Since you will probably be using visuals quite often, you will find the following supplies useful in preparing visuals on paper. A small box or bag is a handy way to keep the small items organized.



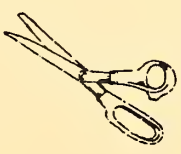
- ❑ Poster board *(for posters)*
- ❑ Newsprint tablet *(for flipcharts and posters)*
- ❑ Regular transparent tape



- ❑ Removable transparent tape *(for guidelines when lettering)*
- ❑ Masking tape
- ❑ Markers in black, red, green, and blue *(use markers with tips one-fourth inch wide since felt tip pens make lines that are too fine to be seen from a distance)*
- ❑ Giant-size markers *(which make a stroke about five-eighths inch wide)*
- ❑ Transparent plastic ruler



- ❑ Snap-off blade cutter or box knife *(to cut poster board)*
- ❑ Rubber cement or a glue in stick form *(to mount photos and other visuals)*
- ❑ 10-inch shears





- ❑ Fine point pencil
- ❑ Black fine point pen



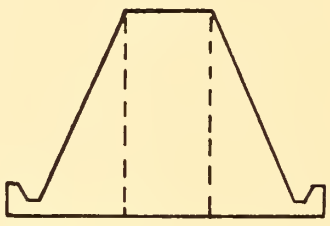


Make Your Own Easel

It is easy to make a table-top easel from poster board or a cardboard box to support your visuals.

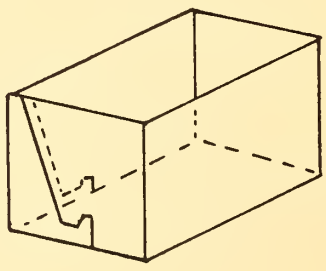
Poster Board Easel

Enlarge the following pattern to a suitable size. Following the solid black lines, cut the outline of the easel out of corrugated cardboard or poster board. From the back side of the board, score the board along the dashed lines, being careful to cut only halfway through the thickness of the board. Fold the wings of the easel to the front along the dashed lines.



Cardboard Box Easel

Draw a pattern on two adjoining sides of a cardboard box following the pattern in the drawing. Use a sharp knife, like a box knife, to cut along the lines. The cut-out portion makes a self-standing easel.



Clip Art

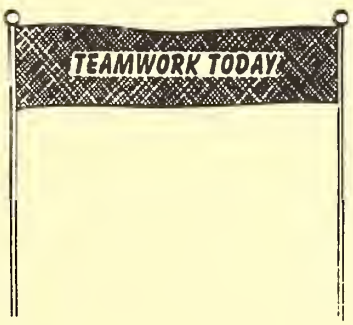
Clip art refers to simple art work applied to a visual. Just as the appearance of food is important since we often "eat with our eyes" before we actually taste our food, the effectiveness of a visual can sometimes be enhanced by the addition of clip art.

Used sparingly and appropriately, these pictures, drawings, illustrations, etc., add to the attractiveness and overall appearance of the finished work. Sources of this type of art work include clip art books and computer graphic software.











LET'S
GET
STARTED!!!

K&M Company
TORRANCE, CA 90503
POLY-VU
#PV-119E

PRESENTATIONS AND MORE

You have been asked to do a nutrition education presentation. Great! But where do you start? What do you do? Even with the best of intentions, sometimes it is hard to know what to do and how to do it. However, often if you can get a basic idea in mind, the "wheels start rolling," and all kinds of additional ideas and activities are born.

This section contains a variety of ideas to help you get started—ideas, such as demonstrations, cook-off competitions, handouts, and exhibits. These ideas utilize different teaching methods and are appropriate for a variety of situations.

Look over the ideas, use the ideas, and be sure to note all the additional ideas that you have seen, that you develop, or that you learn about. This will make it possible for you to soon have the perfect presentation for any situation!

One note to the wise. Since nutrition is a constantly changing science, be sure to update your information periodically in order to stay current with the most recent findings and discoveries.

CONTENTS

Presentation Ideas . . . . . F 3

Demonstrations and More

Bone Up With Calcium . . . . . F 7
Commodity Foods Cook-Off Competition . . . . . F 9
Let's Compare! Can Cutting . . . . . F 13
Let's Make Bread in a Bag . . . . . F 17
Removing Extra Fat in Commodity Meat . . . . . F 23
Removing Sodium (Salt) From Canned Vegetables . . . . . F 27
Removing Syrup From Canned Fruit . . . . . F 31

Handouts

Calcium . . . . . F 35
Fiber . . . . . F 36
Iron . . . . . F 37
Vitamin A . . . . . F 38
Vitamin C . . . . . F 39
What Are the Dietary Guidelines For Americans? . . . . . F 40
Variety, Balance, and Moderation . . . . . F 41
Variety Quiz . . . . . F 42
A Pattern For Daily Food Choices . . . . . F 43
Guide To Good Eating . . . . . F 44
Maintaining Healthy Weight . . . . . F 45
Your Eating Habits and Extra Calories . . . . . F 46
Calorie Culprits . . . . . F 47
The "Basics"—Diet Cautions . . . . . F 48
Fat, Cholesterol, and Your Health . . . . . F 49
How Do You Score on Fat? . . . . . F 50
Fat . . . . . F 51
Fat—Say Yes to Less . . . . . F 52
Foods High and Low in Fat . . . . . F 53
Hidden Fats . . . . . F 54
For A Diet With Plenty of Vegetables, Fruits, and Grain Products, Have Daily— . . . . . F 55
Check Your Diet for Vegetables, Fruits, and Grain Products . . . . . F 56
Vegetables, Fruits, and Grain Products . . . . . F 57

What Are Whole Grains? ..... F 58
Whole Grains ..... F 59
Getting to Know Your Sugars ..... F 60
Rating Your Diet: How Sweet Is It? ..... F 61
Sugar—Say Yes to Less ..... F 62
The Sugar/Tooth Decay Connection ..... F 63
Hidden Sugars ..... F 64
Hidden Sugars and Fats ..... F 65
Sodium: Questions and Answers ..... F 66
Estimating the Sodium in Your Diet ..... F 67
Sodium Content of Your Food ..... F 68
Sodium and High Blood Pressure ..... F 69
Sodium—Say Yes to Less ..... F 70
Spicing It Up Without the Salt Shaker ..... F 71
Alcohol: What Are the Risks? ..... F 72
Alcohol: Fact or Fiction? ..... F 73
Alcohol and Calories: The Price You Pay ..... F 74
Diabetes ..... F 75
Meal Planning With Diabetes ..... F 76

Exhibits

Bulletin Boards ..... F 79
Displays ..... F 80
Three-Dimensional Displays ..... F 81
Posters ..... F 81
Mobiles ..... F 81

Presentation Ideas

Demonstrations

Demonstrations are an excellent method of delivering nutrition education since they are both visual and interactive. People tend to remember what they see and hear. In addition, if you have a finished product from your demonstration that people can taste, the possibility of your message being remembered is even greater.

When you give a demonstration it should be lively, attention getting, and designed to encourage repetition of the procedures at home. Any subject can be presented in a demonstration, but whatever the topic, it must be carefully planned, prepared, and executed.

The following demonstrations illustrate how simple concepts or procedures can be turned into demonstrations that would be of benefit to commodity foods participants. For more information on how to plan or prepare a demonstration, turn to **Section E: Teaching Tips and Techniques**.

Handouts

Handouts are a multi-purpose teaching tool. Handouts can be used to: (1) help the audience follow along during a presentation, (2) reinforce or supplement the information presented, (3) provide specific information regarding questions or concerns voiced by individuals, and (4) promote or advertise program activities and events.

To be effective, handouts should highlight a single concept, use a logical and simple format, and be legible and attention getting. In addition, they should be used only if they contribute to the topic. Using too many or inappropriate handouts lessens the educational value of all the handouts since they can confuse and/or overwhelm the recipient.

Exhibits

An old Chinese saying states that "a picture is worth a thousand words." This is often true of exhibits, too. An exhibit, no matter how simple or complex, draws attention. People are curious about why it was put up, what it says, etc.

Without even trying, people often gain valuable information from exhibits, displays, mobiles, etc.—information that possibly they would not "sit down" and hear presented.

We must remember that different people learn in different ways. By using a variety of teaching techniques, hopefully we will be able to reach the majority of our target group with our nutrition education efforts.

DEMONSTRATIONS AND MORE

Bone Up With Calcium

We all have heard, "Milk makes strong bones," but can we actually demonstrate this fact? The following lesson/demonstration will make believers out of even the most skeptical individuals.

I. Approximately one week before the presentation, start the following experiment:

1. Clean a chicken bone.

2. Place the bone in a pint jar filled with vinegar and soak for several days.

II. The day of the presentation:

1. Explain what calcium is and what it does. Be sure to mention that the presence of Vitamin D, whether from the diet or exposure to the ultra-violet light of the sun, increases calcium absorption.

   Mention that we never outgrow our need for calcium, that bones are living tissues, and that the composition of our bones is always changing. Explain that approximately 99 percent of the calcium in our bodies is in our bones. The other one percent is in our blood. One percent may be a small amount, but it is a critical amount. This one percent helps blood clot, the heart to beat correctly, muscles to work, and nerves to stay healthy. Calcium is constantly being deposited and withdrawn from our bones.

2. Identify sources of calcium . Use food models, empty food cartons, etc. Show which commodity foods are good sources of calcium.

3. Discuss the amount of calcium needed on a daily basis and different ways to add calcium to the diet [adding extra instant nonfat dry milk to recipes such as puddings, meatloaf, pancake batter, and homemade breads, cakes, and cookies; making soups (potato, tomato, corn, etc.) with milk instead of water; making casseroles with white sauce rather than canned soup; and adding grated cheese to meatloaf, sandwich fillings, etc.].

4. Show your experiment and let everyone feel the rubbery bone. Explain that soaking the bone in vinegar removed the calcium from the bone.

5. Have calcium-rich recipes that use commodity foods available for the participants to take home.

Commodity Foods Cook-Off Competition

Getting people involved in your program. Getting people excited about your program. These are two excellent ways to spread the word about what a good program you operate. Hosting a commodity foods cook-off competition is one activity that has been used successfully to increase program interest and participation.

Furthermore, a cook-off could be used to not only promote your program— it could be used to bring people together for nutrition education. You might, for example, plan your cook-off competition around a special event such as a health fair, National Nutrition Month (March), an open house, etc. A guest speaker could be included, nutrition information and/or recipes could be available, food demonstrations could be conducted, samples of items made from commodities could be provided, etc.

Procedure:

1. Start planning the event at least 3 months in advance of the cook-off date.

2. Start publicizing the upcoming event in the tribal newsletter and/or newspaper at least 2 months in advance.

3. Post information about the upcoming cook-off at food distribution sites.

4. Make sure all food distribution program staff, as well as other tribal employees, are aware of the planned event, know the pertinent details (what, when, where, etc.), and promote it.

5. Plan all the details. A list of all the decisions to be made and details to be covered will, of course, vary from one program to another. The following list covers some of the major areas that will need to be addressed.

    - How many and where will the competition(s) be held— one at the main food distribution headquarters, one at each tailgate site, etc.?

    - What and how many categories of entries—main dishes, side dishes, traditional dishes, holiday foods, desserts, snacks for children, etc.?

    - What are the "official rules and guidelines?"

    - What type of entry form will be used?

- How many judges will there be, and who will they be?
- What criteria will be used to judge entries?
- How many and what kind of prizes will be given?
- What will be needed at the competition site(s)—tables, paper or cloths to cover tables, electrical outlets (to keep hot foods hot), serving utensils, plus plates, spoons, cups, bowls, napkins, judging forms, pencils, etc., for the judges to use?

Planning an event such as a cook-off is not a simple task. It requires a lot of pre-planning and preparation, but the rewards can be well worth the investment of time and energy.

The following commodity cook-off forms are provided as examples **only** and should be modified, as necessary, to fit your individual situation.

Commodity Food
Competition Cook-Off

Judge's Tally Card

Entrant # _____

Name of Food Entry _____

Use of Commodity Foods	(25 pts.)	_____
Nutritional Value	(25 pts.)	_____
Flavor	(25 pts.)	_____
Creativity/Originality	(10 pts.)	_____
Appearance	(10 pts.)	_____
Easy-to-Make	(5 pts.)	_____

TOTAL POINTS
(100 points possible) _____

Official Rules and Guidelines

1. Commodity foods must be the major ingredient(s) in the food entries.
2. Entries should be prepared with nutrition in mind.
3. Entries must be completely prepared and ready to serve at __(time)__ at __(location)__ .
4. A minimum of eight servings must be provided. Please provide serving utensils.
5. Recipe must be printed on a 5- x 7-inch card.
6. Entries should be original recipes.
7. Entries will be judged according to the following criteria:

A.	Use of Commodity Foods	25%
B.	Nutritional Value	25%
C.	Flavor	25%
D.	Creativity/Originality	10%
E.	Appearance	10%
F.	Easy-to-Make	5%

8. Competition is open to all commodity household members, including children.
9. Decision of the judges is final.

All entries must be delivered to: _____(site)_____

Entries must be delivered by: _____(time)_____

What will be provided: Tables for entry set-up.
Outlets for electrical hook-up.

Time of judging: _____

Cook-off results and awarding of prizes will be immediately following judging.

You must be present to win!

Commodity Food Competition Cook-Off

Entry Form

Name of Entrant _____

Name of Food Entry _____

Number Assigned Entrant _____

I,_____ , authorize the _____(Name of ITO)_____ Food Distribution Program to use my name and/or picture in the local newspaper.

Signature _____ Date _____

Please leave this section blank.

	Judge #	1	2	3
Use of Commodity Foods	25 pts.			
Nutritional Value	25 pts.			
Flavor	25 pts.			
Creativity/Originality	10 pts.			
Appearance	10 pts.			
Easy-to-Make	5 pts.			
SUBTOTALS (100 points possible)				
TOTAL POINTS (Total points of all judges)				
FINAL SCORE (Total points of all judges averaged)				

Let's Compare!

The outside of a commodity food package or label looks different than the package or label on the same type food found in a grocery store. Most grocery store packages and labels have pretty pictures, lots of bright colors, and fancy words. Commodity foods come in plain-looking containers—no pretty pictures, bright colors, or fancy words on them. Does this mean that commodity foods are not as high in quality, and/or not as nutritious and delicious as grocery store foods?

NO, it does not. Commodity foods are the same high (if not higher) quality products and are as nutritious and delicious as grocery store foods, and we can prove it! The reason the packages are plain is simple—pretty packages cost more than plain packages. The quality (and money) goes inside the commodity package, not on the outside.

The following demonstration is called a "can cutting" and is an easy way to honestly and fairly compare different brands of the same product. Even though it is called a can cutting, the same procedure could be followed to compare foods that come in boxes or packages.

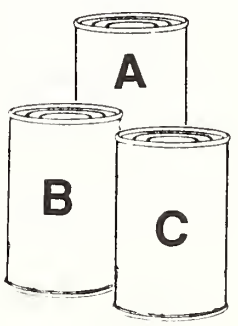
Can Cutting

Objective:

To compare the quality—appearance, texture, and acceptability—of different brands of the same product.

Supplies Needed:

3 cans of a food item (1 commodity can, 1 store brand can, and 1 national brand can) Make sure all 3 cans are exactly alike except for brand. For example, if comparing different brands of canned fruit, all cans should be packed alike. Do not compare a heavy-syrup pack with a light-syrup pack.
3 clear glass or plastic bowls
3 clear glass or plastic glasses
3 serving spoons
Permanent-type marker
Plastic spoons
Napkins
Small paper plates
Pencils
Score sheets



Procedure:

1. Remove all labels from each can. Mark the back of each label with a letter. Mark the can each label came off with the same letter. Keep labels out of sight. For your own reference, compile a master list of all products and the letter codes assigned each.

2. Open each can. Pour the liquid into a clear glass. Pour the food item into a clear bowl. Place the empty can next to the glass and bowl which contain its contents.

3. Have a "test panel" of commodity participants compare the appearance of each food item. Factors to look for include: clarity of juice, uniformity of pieces, color, etc. Rank each sample.

4. Next have the panel taste each sample and rank each food item's taste based on texture and flavor.

5. An overall acceptability ranking can also be assigned each sample based on each panel member's opinion.

6. After completing the can cutting, take up the score sheets and tally the results. Place the original label near each respective can, bowl, and glass. Announce the results of the taste test.

Additional Ideas:

Compare several different types of products during one can cutting. For example, compare three or more brands of green beans, corn, fruit cocktail, pears, etc.

Make a display of several commodity items available through the Food Distribution Program.

Provide recipes that utilize the various commodity items.

Have outreach materials available.

Can Cutting Score Sheet

Name of Product _____

Rank each product from highest to lowest (1st to 3rd) by placing the letter of the product in the space provided.

Appearance

Clarity of Juice	1st_____	2nd_____	3rd_____
Uniformity of Pieces	1st_____	2nd_____	3rd_____
Color	1st_____	2nd_____	3rd_____

Taste

Flavor	1st_____	2nd_____	3rd_____
Texture	1st_____	2nd_____	3rd_____

Overall Acceptability

Please check one.

Product "A"	Acceptable_____	Not Acceptable_____
Product "B"	Acceptable_____	Not Acceptable_____
Product "C"	Acceptable_____	Not Acceptable_____

Thank you for taking time to participate in this taste test.

Let's Make Bread in a Bag

Bread in a Bag is a participant-involved, "hands-on" learning presentation/ demonstration in bread making. It can be done with children (third grade and above) and/or adults. The procedure used for making the bread results in little clean up. It does, however, require good pre-planning and, if possible, the help of a few assistants during the actual presentation (especially when working with young children).

The 1 1/2-hour process guides the "students" through the step-by-step bread-making process. This activity also provides the teacher with a captive audience. During the required resting periods in the bread-making process, the teacher has an ideal opportunity to deliver a nutrition education message.

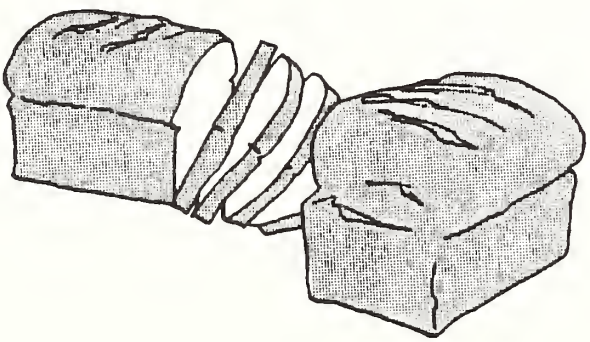
The "message" could address any of several issues—basic nutrition, breads and cereals foods, carbohydrates and fiber, ways to use commodities, etc. In addition, most of the ingredients used to make bread in a bag are commodity foods.

Lesson Objectives:

Participants will:

1. Complete a successful, hands-on learning experience in bread making and produce a loaf of bread.

2. Identify foods that belong to the breads, cereals, and other grains group and gain a better understanding about the importance of this food group to an individual's daily diet and overall good health.



Notes To Teacher

Participants can work in pairs during the bread-making process, or they can work by themselves. Each bread kit will make two 1-pound loaves of bread.

Supplies and Materials Needed:

Ingredients	Amount Needed for 20 Kits	
Whole wheat flour	10	pounds
All-purpose flour	7	pounds
Yeast, active dry	1	cup
Salt	1/2	cup
Honey	2	cups
Vegetable oil	1	cup

Equipment	Amount Needed for 20 Kits
2 gallon heavy-duty plastic bags	20
Small plastic bags (sandwich size) and ties	60
1 quart plastic bags	40
1 oz. plastic souffle cups	40
6 oz. plastic cups	20
1 pound-size aluminum loaf pans	40
Dough scrapers (These will be used only briefly and can be shared.)	5
Pitchers (for water)	2-4
Masking tape	
Markers	
Paper (for covering tables)	

Preparation Procedures

Day Before Presentation:

1. Pre-measure dry ingredients into appropriate bags as noted in the recipe.

2. Mark lines on 6-oz. plastic cups to show 1/3 cup and 1/2 cup measurements.

Day of Presentation:

1. Pre-measure honey and honey/oil into plastic souffle cups as noted in the recipe. Place all cups on a tray and cover.

2. Put a piece of masking tape on each loaf pan. (Each participant will need to write their name on the tape to identify their bread.)

3. Lightly oil (or spray with no-stick coating) the loaf pans. Place pans on baking sheets.

4. Cover work tables with paper.

5. Place one 2-gallon bag, the three ingredient bags, the cup with honey (only), and the empty plastic "measuring" cup on the table in front of where each participant (or two participants if working in pairs) will be seated. Place at least one plastic scraper on each work table.

6. Have participants wash their hands before they are seated.

7. After everyone is seated and ready to begin, pour 1/3 cup warm water (110°F) into each plastic "measuring" cup.

8. You are now ready to begin **Bread in a Bag**!

Immediately After Presentation:

1. Collect scrapers for cleaning.

2. Roll up paper that covered tables. Be careful to keep excess flour and bags from dropping to the floor. Discard.

3. After baked loaves cool, place pan with bread in a 1-quart plastic bag. Tie or seal bags.

4. Give bread to its owner. Include a copy of the recipe.

Bread in a Bag Recipe

Pre-measure ingredients as follows:

Small plastic bag # 1: (Mark twist tie with bright-colored marker.)	1/3 cup all-purpose flour 2 teaspoons yeast *This bag will be used in Step # 1.*
Small plastic bag # 2:	1 1/4 cups whole wheat flour 1 teaspoon salt *This bag will be used in Step # 5.*
Small plastic bag # 3:	1 cup all-purpose flour *This bag will be used in Steps # 8 and 10.*
Souffle cup # 1:	2 teaspoons honey *This cup will be used in Step # 1.*
Souffle cup # 2:	2 teaspoons honey 2 teaspoons oil *This cup will be used in Step # 5.*

Note: By using a 6-oz. plastic cup, you can mark both 1/3- and 1/2-cup measures on the outside of it. This will eliminate the need for expensive measuring cups to measure the warm water needed.

INSTRUCTIONS:

1. In a heavy-duty, 2-gallon plastic bag with sides rolled down to form a "bowl" add:

   1/3 cup all-purpose flour
   2 teaspoons yeast
   (Bag # 1)
   +
   2 teaspoons honey
   (Souffle cup # 1)
   +
   1/3 cup warm water

2. Unroll sides of bag, hold tightly at top and mix on outside of bag with fingertips (not nails).



3. With bag sides together, push mixture to bottom of bag and let it rest (about 10 minutes).

   Note: Bubbles forming inside bag are a sign that the yeast is growing.

4. Roll sides into mixing bowl position.

5. Add:

1 1/4 cups whole wheat flour
1 teaspoon salt
(Bag # 2)
+
2 teaspoons oil
2 teaspoons honey
(Souffle cup # 2)
+
1/2 cup warm water

6. Unroll bag. Squeeze out air. Hold top of bag tightly and mix gently on outside. Keep mixing until all ingredients are evenly distributed.

7. Form bag into mixing bowl.

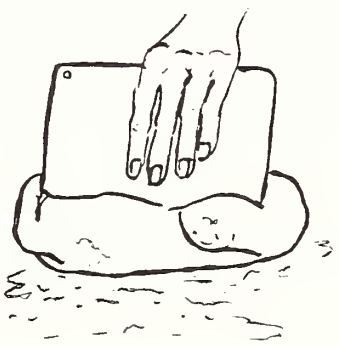
8. Add:

Approximately 1/2 cup all-purpose flour *(Half of Bag # 3)*

9. Unroll. Mix thoroughly until all flour is dispersed.

10. On lightly-floured surface, roll dough out of bag by rolling sides down, then turning bag inside out.

Use leftover flour from *Bag # 3* to flour surface



11. By using a dough scraper, gently work in enough flour to make dough soft, but not sticky.

    Note: Too much flour will make dough stiff. This will toughen bread.

12. Divide the dough into two equal portions. If working with a partner, each participant takes one portion.

13. Knead* dough for approximately 10 minutes.

14. Cover dough and let it rest for approximately 10 minutes.

15. Without stretching dough, flatten dough with palms to form a rectangle. On one of the short sides, fold dough over, making point. Press folded portion into dough. Starting with the point, roll dough tightly to end. Pinch loose ends together to keep dough from coming apart.

16. Turn ends under to match length of greased baking pan. Make sure top of dough is smooth. Place in pan. Do not press down.

17. Let dough double in bulk in a warm place.

18. Bake at 350°F for 25 to 30 minutes.

Note to Teacher:

Although these directions are for mixing the ingredients in a 2-gallon plastic bag, this recipe will also make terrific bread using the traditional bread-mixing procedures.

*To knead, use heel of hand and fingertips. Fold dough over, press with heel. Turn and repeat.



Removing Extra Fat in Commodity Meat

The following two methods demonstrate ways program participants can reduce the fat content of commodity meat. Canned beef, for example, is a high-fat meat with over 55 percent of calories from fat. This percentage can be reduced significantly by scooping out the visible fat and rinsing the meat before food preparation occurs.

These demonstrations center around the Dietary Guideline—"Choose a diet low in fat, saturated fat, and cholesterol." This information should be of interest to all participants—diabetic and nondiabetic—who are looking for ways to lower the fat content of their diets.

Method I:

This method reduces the fat content of canned meats that are room temperature. Since fat at room temperature is soft, it is not easy to remove the fat from the meat juices. When using this method, throw away the fat **and** the meat juices.

Supplies Needed:

1 can of commodity canned beef or pork
1 colander
1 measuring cup
1 large spoon for scooping off fat
2 pots, one large enough to hold the can of meat; the other large enough to hold the colander and rinse water (This could be a bucket, or the colander could be placed in a sink if extra fat can go down the drain.)
1 tea kettle full of boiling water

Procedure:

1. Ask for two volunteers to help during the demonstration. Have one volunteer put the meat in a pot and remove the visible fat from the meat using the spoon. The fat may be in the middle of the can or at the bottom of the can. Have the other volunteer measure this fat.

2. Rest a food colander on the top of the other large pot. Pour the can of meat in the colander. Pour boiling water over the meat. Rinsing the meat will remove additional fat.

3. Put the rinsed meat from the colander back in the first pot and refrigerate. After it is thoroughly chilled, remove the fat that has hardened on top.

   This third step can be taken to remove even more fat from the meat. However, since it involves refrigerating the meat product and will delay meal preparation, this step may have to be eliminated if the meat is needed immediately. Stress that this step should be followed whenever time and refrigerator space permit.

   For demonstration purposes, if a refrigerator is not available or time is too short, prepare the last step in advance and have available to show the group.

Method II:

Program participants can be encouraged to use the meat juices in sauces, gravies, stews, and soups. The juices provide a number of valuable nutrients. The fat, however, should be removed from the juices.

Supplies Needed:

1 can of commodity canned beef or pork
1 measuring cup
1 large spoon for scooping off fat
1 pot large enough to hold the can of meat

Procedure:

1. To remove the fat from both the meat and the juices, refrigerate the unopened can of meat overnight.

2. Open the thoroughly-chilled can and remove the hardened fat. Volunteers can scoop out the fat and measure it as in Method I.

3. The fat in the refrigerated meat will be easy to see.

   If participants do not have sufficient refrigerator space to chill the meat prior to preparation, they should be encouraged to use Method I for removing fat.

Discussion Points:

A. Amount of fat removed

Four tablespoons of visible fat can often be removed from a can of beef or pork. Four tablespoons of fat provides nearly 400 calories. To help participants understand how many calories this is, show other foods that have approximately 400 calories:

- 1 1/2 cups of plain potatoes with 1 teaspoon of margarine
- 4 tablespoons of peanut butter
- 13 cups of plain, air-popped popcorn

If possible, have the foods or food models available to actually show. Describe how much exercise would be required to expend 400 calories:

- 40 minutes of aerobic dancing
- 40 minutes of fast dancing
- 60 minutes of walking at a normal pace

Precise caloric expenditure will vary depending upon the individual's physical training condition, current weight, and sex, plus the intensity and duration of the exercise.

B. Type of fat

Discuss the relationship between saturated fat and heart disease and the need to use unsaturated fat when fat is needed in food preparation. Commodity vegetable oils are unsaturated fats and are better fat choices than the leftover meat fat from cooking. Commodity shortening is not quite as unsaturated as oil, but it is a better choice than butter, lard, grease, or animal fat.

C. Reducing fat intake to aid in weight reduction

The majority of American Indians with diabetes are overweight and have the noninsulin-dependent type of diabetes. Overweight people have a greater tendency to develop this type of diabetes than people of an average weight. Weight loss is highly encouraged for these people. Even a small weight loss of 10 to 20 pounds, or 5 percent of the person's current weight, is often sufficient to improve glucose tolerance.

D. Replacing fat calories with better quality caloric choices

Adults need at least 3 teaspoons (1 tablespoon) of fat daily to provide the body with essential fatty acids. Essential fatty acids must be consumed as fat since the body is incapable of producing them. It is the **extra** fat that offers no nutritional benefit and should be avoided by people who need to maintain or lose weight.

Extra fat can be omitted and replaced by foods high in complex carbohdrates, such as vegetables, fruit, bread, and cereals.

E. Discuss other sources of fat

Other fat sources include whole-milk dairy products (whole milk, ice cream, cheese, cream), nuts, lard, sauces, gravies, margarine, and salad dressings.

F. Discuss alternative food preparation techniques

Instead of frying with fat, use a no-stick cooking spray. Bake, boil, broil, or steam foods without added fat. If frying with fat, use commodity oil or shortening instead of a saturated fat, such as lard or butter.

G. Review recipes

Provide participants with recipes that use unsaturated fats, are reduced in total fat content, and/or do not use fat. Ask participants to describe typical meals or how they prepare individual foods. Have other participants suggest alternative meal and food preparation methods.

Removing Sodium (Salt) From Canned Vegetables

Canned vegetables have salt added to them. The following demonstration shows how to reduce the amount of salt in canned vegetables. This information is in keeping with the Dietary Guideline—"Use salt and sodium only in moderation."

Supplies Needed:

1 or more cans of commodity vegetables
1 or more glass measuring cups or other clear glass container(s) with measuring lines
1 colander
1 pot large enough to hold colander and rinse water (The colander could be placed in a sink, if available.)
Sink with running water or a pitcher of water
1 or more bowls, preferably glass so vegetable is visible

Procedure:

1. Open the canned vegetable and pour the liquid into a measuring cup. Use the lid to hold the vegetable in the can. After measuring the liquid, throw it away. The liquid has extra sodium (salt) in it.

2. Rest the colander on the top of the large pot. Pour the vegetable in the colander. Rinse the vegetable under running water. (For demonstration purposes, a pitcher of water may be used.) Rinsing the vegetable will remove additional sodium (salt).

3. Place the rinsed vegetable in a bowl.

Discussion Points:

A. Discuss body's need for sodium

Sodium is an essential nutrient. It helps regulate your body fluids. Sodium helps the body maintain normal blood volume and blood pressure and helps nerves and muscles function.

B. Discuss dietary problems often associated with high sodium intake

In populations with diets low in salt, high blood pressure (hypertension) is less common than in populations with diets high in salt. Other factors that affect blood pressure are heredity, obesity, and excessive drinking of alcoholic beverages.

In the United States, about one in three adults has high blood pressure. High blood pressure puts an extra strain on the heart. This strain can lead to heart or kidney disease or stroke. When people restrict their salt and sodium, usually their blood pressure will fall.

Some people who do not have high blood pressure may reduce their risk of getting it by eating a diet with less salt and other sources of sodium. At present there is no way to predict who might develop high blood pressure, and who will benefit from reducing dietary salt and sodium. However, it is wise for most people to eat less salt and sodium because they need much less than they eat and reduction will benefit those people whose blood pressure rises with salt intake.

C. Discuss sources of sodium (salt)

- The salt shaker. Table salt is 40 percent sodium and is the most common form of sodium.
- Processed foods. Salt and other sodium compounds are frequently added to food during preparation or processing for flavor or preservation. These foods include cured meats (hot dogs, bologna, sausage, bacon, etc.); pickled foods (pickles, olives, sauerkraut, etc.); canned vegetables and soups; cheeses; salted snack foods (potato chips, crackers, corn chips, etc.); bread and bakery products; and condiments (soy sauce, Worcestershire sauce, catsup, mustard, tarter sauce, chili sauce, etc.).
- Foods that naturally contain sodium. All foods that come from animals contain sodium. Most plants contain some sodium.
- Drinking water and some beverages. Soft water contains more sodium than does hard water.
- Medications.

D. Discuss foods that are low in sodium

Most fruits and vegetables, fresh meats and poultry, hot cereals, and grains are low in sodium.

E. Discuss "safe and adequate" amount of sodium intake per day

Sodium amounts are often listed in milligrams (mg) per serving on food labels. A milligram is a tiny fraction of an ounce. A safe and adequate daily intake of sodium for healthy Americans is 1,100 to 3,300 milligrams. (For the record, a teaspoon of salt contains nearly 2,000 milligrams of sodium.)

F. Discuss ways to reduce sodium intake

- Use herbs and spices to flavor food, instead of salt.
- Cook pasta and rice without adding salt to the water—the salt from other foods in the recipe or meal can be enough.
- Reduce the amount of salt or leave it out of recipes that use cheese, canned foods, and food flavoring such as Worcestershire or soy sauce. These foods already have a lot of salt in them.
- Remove the salt shaker from the table.
- Use salted snacks, such as chips, crackers, pretzels, and nuts sparingly.
- Check labels for the amount of sodium in foods. Choose those lower in sodium most of the time.



Removing Syrup From Canned Fruit

Canned fruits often have sugar or a similar sweetener added to them. The following demonstration shows how to reduce the sugar content of canned fruits and is in line with the Dietary Guideline—"Use sugars only in moderation."

This information should be beneficial to diabetic participants, as well as other participants interested in lowering their sugar intake.

Supplies Needed:

1 or more cans of commodity fruit packed in syrup
1 or more glass measuring cups or other clear glass container(s), one with measuring lines
1 colander
1 pot large enough to hold colander and rinse water (The colander could be placed in a sink, if available.)
Sink with running water or a pitcher of water
1 or more bowls, preferably glass so fruit is visible

Procedure:

1. Open the can of fruit and pour the syrup into a measuring cup. Use the lid to hold the fruit in the can. After measuring the syrup, throw it away. The syrup has extra sugar in it.

2. Rest the colander on the top of the large pot. Pour the fruit in the colander. Rinse fruit under running water. (For demonstration purposes, a pitcher of water may be used.) Rinsing the fruit will remove additional sugar.

3. Place the rinsed fruit in a bowl.

Discussion Points:

A. Discuss the amount of calories and carbohydrate in syrup and fruit

- One-half cup of fruit packed in juice has 55 calories and 12 grams of carbohydrate
- One-half cup of fruit packed in light syrup has 70 calories and 19 grams of carbohydrate
- One-half cup of fruit packed in heavy syrup has 95 calories and 25 grams of carbohydrate

B. Discuss carbohydrate or sugar nutrients provided from fruit and syrup

One serving of fruit packed in heavy syrup has 15 grams of carbohydrate. Syrup adds about 40 extra calories from simple sugar. Most fruits contain vitamins such as vitamin C and vitamin A. Syrup adds **no** additional vitamins.

C. Discuss fiber in fruit versus no fiber from juice

Fruit juice adds no fiber to the diet. Fruit is a good fiber source with about 2 grams of fiber per serving. Fruits such as blueberries, strawberries, apricots, and prunes have 3 or more grams of fiber per serving.

D. Discuss the nutritional benefits of juices

One-half cup of commodity canned fruit juice is fortified with vitamin C to meet 100 percent of the U.S. Recommended Dietary Allowance.

E. Discuss the sugar calories in fruit drinks

If a label says "fruit drink," "ade," or "punch," beware. All these beverages contain sugar, water, and artificial color and flavor.

HANDOUTS

CALCIUM

What Does Calcium Do?

- ✓ Builds and keeps your teeth and bones strong
- ✓ Helps your blood clot
- ✓ Helps your heart beat correctly
- ✓ Helps your muscles work
- ✓ Keeps your nerves healthy



Sources of Calcium

Broccoli
Cheese (all types)
Ice cream
Ice milk
Mackerel
Milk (all types)
Salmon
Spinach
Turnip greens
Tofu (bean curd)
Yogurt

What If You Cannot or Do Not Drink Milk?

If you have trouble digesting milk, try to—

- Drink a small amount at one time.
- Eat yogurt or cheese.
- Drink milk to which lactase (an enzyme which breaks down milk sugar—lactose) has been added or add it yourself. Lactase can be purchased at many drug stores.

If you do not drink milk—

- Eat other foods that provide some calcium. People who do not drink milk or eat milk products should check with a dietitian, nutritionist, or physician. They can help plan ways to get enough calcium. This is very important for children, teens, pregnant and nursing women, and people at risk for osteoporosis (a disorder which causes bones to be more likely to break).

FIBER—Say Yes To More

What Is Dietary Fiber?

Dietary fiber is the part of food that is not readily digested. It is also known as bulk or roughage. Only foods of plant origin have dietary fiber. Meat, milk, and fats do not have it. There are two main types of fiber—insoluble fiber and soluble fiber.

What Does Dietary Fiber Do?

Dietary fiber is important for proper bowel function and can reduce the symptoms of chronic constipation, diverticular disease, and hemorrhoids. It also helps promote a healthy digestive tract and gives you a full and satisfied feeling after eating.

Sources of Dietary Fiber

Apples
Apricots
Bananas
Beans, green or lima
Beets
Blackberries
Blueberries
Broccoli
Brussels sprouts
Cabbage
Carrots
Dates
Dry beans, peas, and lentils
Fruit mixture, dried
Kiwifruit
Mangoes
Nectarine
Nuts (almonds, peanuts pine nuts, walnuts)
Oatmeal (rolled oats)
Okra
Oranges
Pears
Peas, green
Peanut butter
Popcorn
Potato (with skin)
Prunes
Raisins
Raspberries
Rolled wheat
Seeds (pumpkin, squash, sesame, sunflower)
Snow peas
Spinach
Squash, winter
Strawberries
Sweet potato
Tangelo
Tomato
Whole-grain breads and cereals

Fiber Tidbits

Eating a variety of grains, fruits, and vegetables is recommended as the best way to get dietary fiber. If you have not been eating many high-fiber foods, start with one or two a day. Gradually add more.

Dietary fiber can be reduced in foods during preparation and cooking. To keep dietary fiber:

- Serve fruits and vegetables with edible skins and seeds.
- Use whole-grain flours.

IRON—The Blood Builder

Who Needs Iron?

Everyone needs iron. However, the diets of many toddlers, teenagers, and women up to age 50 have much less than the recommended amount of iron.

What Does Iron Do?

Iron is needed for healthy blood. Iron helps your blood carry oxygen to all parts of your body. If you do not get enough iron in your diet, you can get anemia. Anemia makes you tired, irritable, pale, and short of breath. Anemia can result from heavy blood loss, frequent pregnancies, or poor diet.

Sources of Iron

Beans, lima
Beef, lean
Chicken or turkey, dark meat
Dark-green leafy vegetables
Dried fruit (raisins, prunes, figs, dates, apricots, etc.)
Dry beans, peas, and lentils
Egg yolk
Farina
Fish
Liver (beef, calf, pork, chicken, turkey)
Liverwurst
Molasses (black strap)
Oatmeal
Oysters, clams
Pine nuts (pignolias)
Prune juice
Pumpkin or squash seeds
Spinach
Whole-grain or enriched breads and cereals

Iron Tidbits:

- Iron from meat, poultry, and fish sources is better used by the body than iron from plant sources. Also, eating some meat, poultry, or fish at the same time you eat plant food sources helps the body to better absorb the iron from plant foods.
- Cooking high-acid foods (such as tomatoes in chili, spaghetti sauce, etc.) in iron cookware increases the iron content of the food.
- Eating foods high in vitamin C at the same meal increases the amount of iron the body can absorb.
- Drinking tea with your meals can keep your body from absorbing as much iron. Drink juice, milk, or water with your meals to get best use of iron.

Vitamin A

What Does Vitamin A Do?

- ✓ Helps you see in dim light
- ✓ Helps you fight infection
- ✓ Helps keep skin healthy
- ✓ Helps maintain body tissues



Sources of Vitamin A

Apricots
Broccoli
Cantaloupe
Carrots
Greens (collards, kale, mustard, turnip)
Liver (beef, calf, pork, chicken, turkey)
Mangoes
Milk, fortified with vitamin A
Nectarines
Pepper, sweet, red
Pumpkin
Spinach
Squash, winter
Sweet potato
Tomato
Watermelon

Vitamin A Tidbits:

Since our bodies can store vitamin A, eating a good source of this vitamin at least every other day will insure that you get enough.

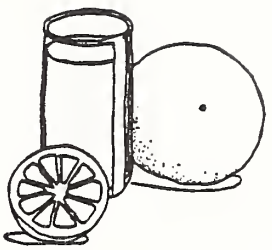
Vitamin A can be lost from foods during preparation, cooking, or storage. To keep vitamin A:

- Serve fruits and vegetables raw whenever possible.
- Keep vegetables (except sweet potatoes and winter squash) and fruits covered and refrigerated during storage.
- Steam vegetables and braise, bake, or broil meats instead of frying. Some vitamin A is lost in the fat during frying.

Vitamin C

What Does Vitamin C Do?

- ✓ Forms collagen, the "cement" that holds the body together
- ✓ Keeps teeth, bones, and other body tissues healthy
- ✓ Helps the body resist infections and aids in healing
- ✓ Helps the body absorb iron



Excellent Sources of Vitamin C

Asparagus
Broccoli
Brussels sprouts
Cabbage
Cantaloupe
Cauliflower
Grapefruit and grapefruit juice
Honeydew melon
Kale
Kohlrabi
Kiwifruit
Mango
Orange and orange juice
Papaya
Pepper, sweet, green or red
Plantain
Poke greens
Snow peas
Strawberries
Sweet potato
Tangelo
Tangerine
Tomato and tomato juice
Vitamin C fortified fruit juices
Watermelon

Eat at least one vitamin C food every day.

Vitamin C: Handle with Care

Heat destroys vitamin C	...So do not overcook vitamin C foods.
Air destroys vitamin C	...So store vitamin C foods in air-tight containers or leave in their skins and cut just before serving.
Vitamin C escapes into water	...So serve vitamin C foods raw, or steam them, or use only a small amount of water when cooking. Do not soak vitamin C foods in water.

What Are The Dietary Guidelines For Americans?



What makes up a healthful diet? How can people make food choices that promote good health? Many people are aware that diet may be important in lowering the risk of chronic health conditions, such as heart disease, high blood pressure, tooth decay, diabetes, osteoporosis, and some forms of cancer. Newspapers, magazines, books, radio, television, health professionals, and our friends tell us what to eat. But sorting through this information can be confusing. The *Dietary Guidelines for Americans* can reduce the confusion and help us to make healthy food choices.

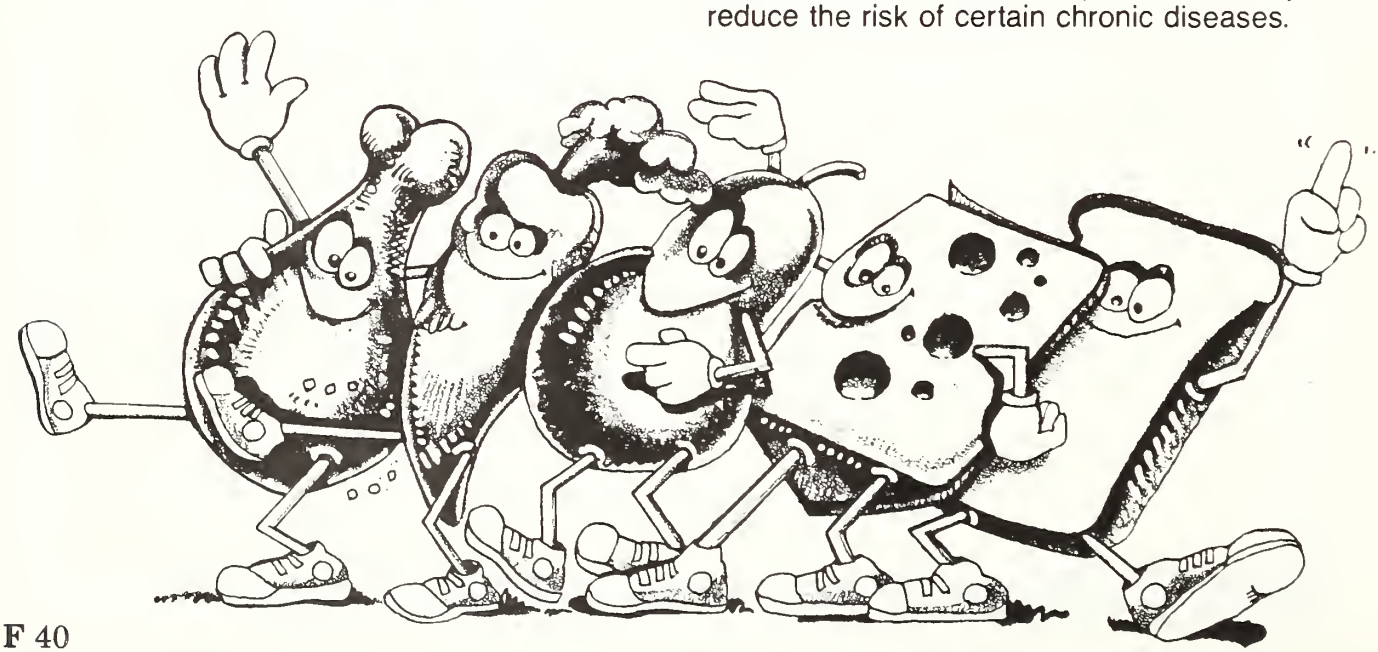
The *Dietary Guidelines for Americans* are seven basic principles for a healthful diet. The Guidelines represent the best thinking in the field of nutrition and health and are the basis for all Federal nutrition information and education programs for healthy Americans. They are published jointly by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services.

The *Dietary Guidelines* work together to emphasize variety, balance, and moderation in the overall diet. The seven Guidelines are:

- Eat a variety of foods
- Maintain healthy weight
- Choose a diet low in fat, saturated fat, and cholesterol
- Choose a diet with plenty of vegetables, fruits, and grain products
- Use sugars only in moderation
- Use salt and sodium only in moderation
- If you drink alcoholic beverages, do so in moderation

The *Dietary Guidelines* don't suggest eliminating any food. Instead, they encourage wise choices from the vast and diverse supply of foods enjoyed by Americans. They encourage eating an assortment of foods that will provide the nutrients we need without contributing too much fat, sugars, and sodium to the total diet.

Food alone won't guarantee good health. But following the *Dietary Guidelines* helps people get the nutrients they need and may reduce the risk of certain chronic diseases.



VARIETY, BALANCE, & Moderation—

Keys to a Healthful Diet

A healthful diet provides variety and is moderate in fat, sugars, and sodium. But it doesn't mean no-fat, no-sugar, no-sodium, no-fun meals! If you sometimes eat foods that are higher in fat, sugars, or sodium, balance them during the day with other foods that are lower. It's your *total* diet that counts. Here are just a few of many tips for helping you choose foods for a healthful diet.

For variety, include foods from all of these groups daily:

- Breads, cereals, and other grain products, including whole-grain types such as whole-wheat bread, brown rice, and oatmeal
- Fruits, including citrus, melon, berries, and types with edible skins
- Vegetables, including dark-green leafy, deep-yellow, and starchy types such as potatoes, corn, and dry beans and peas
- Meat, poultry, fish, and alternates (eggs, dry beans and peas, nuts, and seeds)
- Milk, cheese, and yogurt

Maintain healthy weight:

- Choose a variety of foods that provide needed nutrients at a calorie intake right for you.
- Go easy on foods that supply mainly calories—sugars, sweets, fats and oils, and foods high in sugars and fats.

Choose a diet low in fat, saturated fat, and cholesterol:

- Choose lean meat, fish, poultry, and dry beans and peas as protein sources.
- Use skim or lowfat milk and lowfat cheese and yogurt.
- Use egg yolks and organ meats in moderation.
- Use fats and oils in moderation, especially those high in saturated fat, such as cream, lard, and butter.
- Use only moderate amounts of foods high in fat, such as deep-fat-fried foods.
- Trim fat from meats; remove skin from poultry.
- Broil, bake, steam, microwave, or boil rather than fry.
- Go easy on rich sauces and gravies.

Choose a diet with plenty of vegetables, fruits, and grain products:

- Eat more vegetables, including dry beans and peas; fruits; and breads, cereals, pasta, and rice.
- Increase your fiber intake by eating more of a variety of foods that contain fiber naturally.

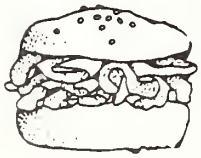
Use sugars only in moderation:

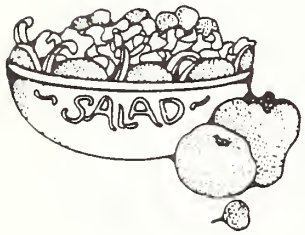
- Use less of all sugars—table sugar, brown sugar, corn sweeteners, syrups, honey, and molasses.
- Eat less of foods high in sugars, such as prepared baked goods, candies, sweet desserts, soft drinks, and fruit-flavored punches and ades.
- Eat fresh fruits, unsweetened frozen fruits, or canned fruits packed in water, juice, or light syrup.
- Cut back on the amount of sugars used in recipes.

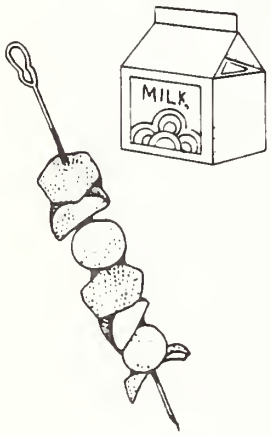
Use salt and sodium only in moderation:

- Cook without salt or with only small amounts of added salt. This includes seasoned salts (such as garlic or onion salt), as well as table salt.
- Flavor foods with herbs, spices, vinegar, or lemon juice.
- Limit use of high-sodium condiments (soy sauce, steak sauce, catsup), pickles and relishes, and salty snacks.
- Use only moderate amounts of cured or processed meats, most canned vegetables and soups.
- Try "no-salt-added" or "reduced-sodium" products. They are lower in sodium than regular versions of the same products.

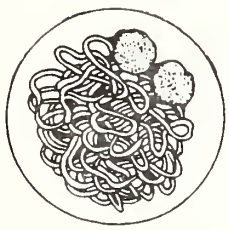
VARIETY Quiz

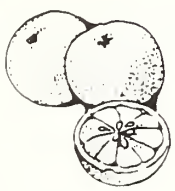


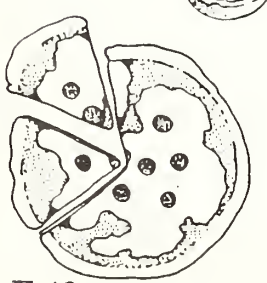












How does your diet rate for variety? Check the box that best describes your eating habits.

How often do you eat:	Seldom or never	1 or 2 times a week	3 to 4 times a week	Almost daily
1. At least six servings of bread, cereals, rice, crackers, pasta, or other foods made from grains per day? (A serving is one slice of bread or a half a cup of cereal, rice, etc.)	☐	☐	☐	☐
2. Foods made from whole grains?	☐	☐	☐	☐
3. Three different kinds of vegetables per day?	☐	☐	☐	☐
4. Cooked dry beans or peas?	☐	☐	☐	☐
5. A dark-green vegetable such as spinach or broccoli?	☐	☐	☐	☐
6. Two kinds of fruit or fruit juice per day?	☐	☐	☐	☐
7. Two servings of lowfat milk, cheese, or yogurt per day? (Three for teens and for pregnant or breastfeeding women; four for pregnant or breastfeeding teens)	☐	☐	☐	☐
8. Two servings of lean meat, poultry, fish, or alternates such as eggs, dry beans, or nuts per day?	☐	☐	☐	☐

Best Answers

1. **ALMOST DAILY.** Many people believe that eating breads and cereals will make you fat. That's not true for most of us. Extra calories often come from the fat and/or sugar you MAY eat with them. Both whole-grain and enriched breads and cereals provide starch and essential nutrients.
2. **ALMOST DAILY.** Whole-grain breads and cereals contain vitamins, minerals, and dietary fiber that are low in the diets of many Americans. Select whole-grain cereals and bakery products—those with a whole grain listed first on the ingredient label. Or make your own and use whole-wheat flour.
3. **ALMOST DAILY.** Vegetables vary in the amounts of vitamins and minerals they contain. So, it's important to include several kinds every day.
4. **3 TO 4 TIMES A WEEK.** Dry beans and peas fit into two food groups because of the nutrients they provide. They can be used as an alternate to meat, poultry, and fish. And, they are also an excellent vegetable choice.
5. **3 TO 4 TIMES A WEEK.** Popeye gulped down spinach to build his superior strength. Although this effect of spinach was exaggerated, dark-green vegetables like spinach, kale, and broccoli are excellent sources of some nutrients that are low in many diets.
6. **ALMOST DAILY.** Fruits are nature's sweets. They taste good and are good for you. Choose several different kinds each day.
7. **ALMOST DAILY.** Adults as well as children need the calcium and other nutrients found in milk, cheese, and yogurt.
8. **ALMOST DAILY.** Most Americans include some meat, poultry, or fish in their diets regularly. Dry beans and peas, peanuts (including peanut butter), nuts and seeds, and eggs can be used as alternates.

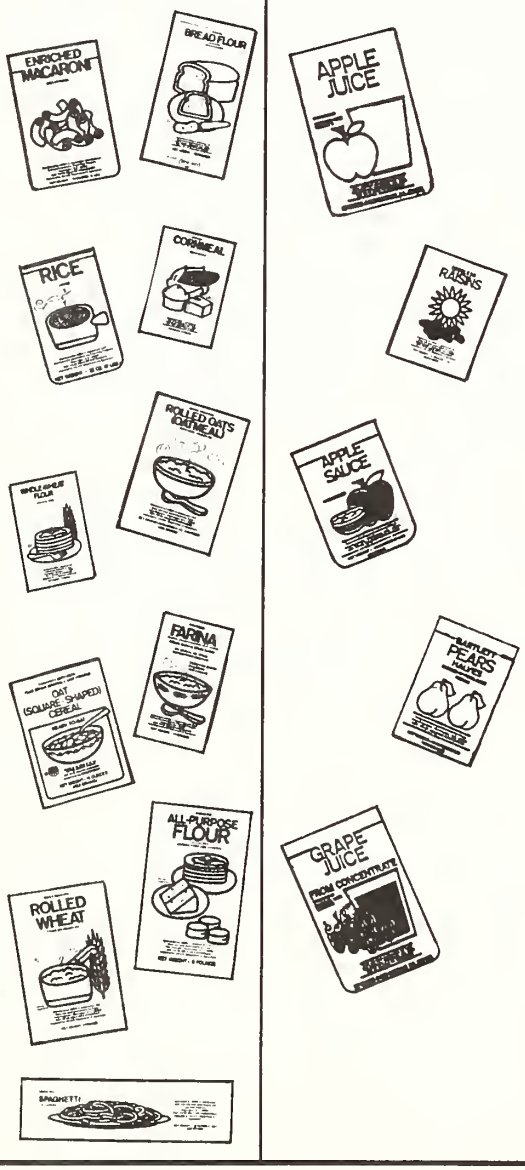
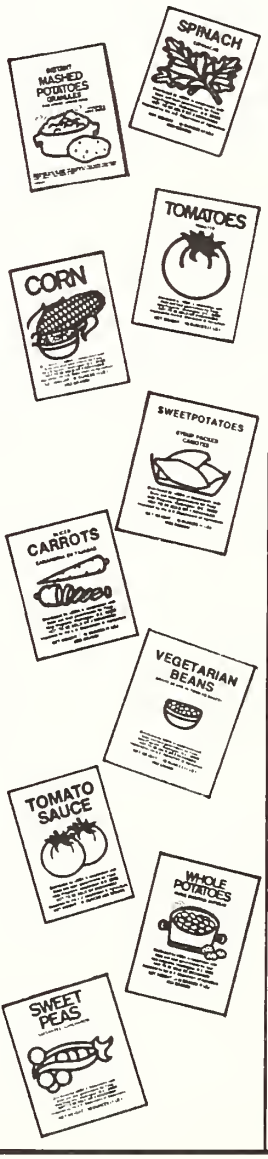
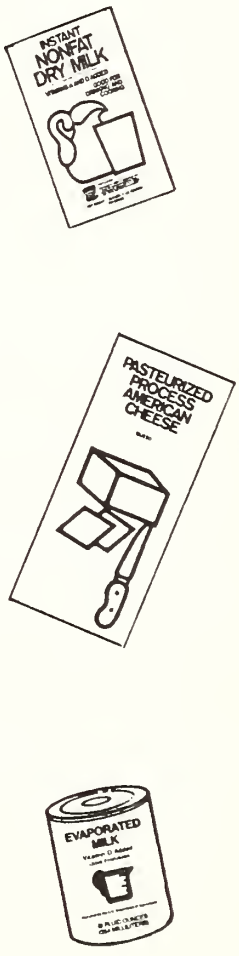
Adapted from "Dietary Guidelines and Your Diet," HG-232-1

A Pattern For Daily Food Choices

FOOD GROUP	SUGGESTED DAILY SERVINGS	WHAT COUNTS AS A SERVING?
Breads, Cereals, and Other Grain Products Whole-grain Enriched	**6 - 11** servings from entire group *(Include several servings of whole-grain products daily.)*	♦ 1 slice of bread or tortilla ♦ 1/2 hamburger bun or english muffin ♦ a small roll, biscuit, or muffin ♦ 3 to 4 small or 2 large crackers ♦ 1/2 cup cooked cereal, rice, or pasta ♦ 1 ounce of ready-to-eat breakfast cereal
Fruits Citrus, melon, berries Other fruits	**2 - 4** servings from entire group	♦ a whole fruit such as a medium apple, banana, or orange ♦ a grapefruit half ♦ a melon wedge ♦ 3/4 cup of juice ♦ 1/2 cup of berries ♦ 1/2 cup cooked or canned fruit ♦ 1/4 cup dried fruit
Vegetables Dark-green leafy Deep-yellow Dry beans and peas (legumes) Starchy Other vegetables	**3 - 5** servings from entire group *(Include all types regularly; use dark-green leafy vegetables and dry beans and peas several times a week.)*	♦ 1/2 cup of cooked vegetables ♦ 1/2 cup of chopped raw vegetables ♦ 1 cup of leafy raw vegetables, such as lettuce or spinach
Meat, Poultry, Fish, and Alternates (eggs, dry beans and peas, nuts, and seeds)	**2 - 3** servings from entire group	Amounts should total 5 to 7 ounces of cooked lean meat, poultry, or fish a day. Count 1 egg, 1/2 cup cooked beans, or 2 tablespoons peanut butter as 1 ounce of meat.
Milk, Cheese, and Yogurt	**2** servings from entire group *(3 servings for women who are pregnant or breastfeeding and for teens; 4 servings for teens who are pregnant or breast-feeding.)*	♦ 1 cup of milk ♦ 8 ounces of yogurt ♦ 1 1/2 ounces of natural cheese ♦ 2 ounces of process cheese
Fats, Sweets, and Alcoholic Beverages	Avoid too many fats and sweets. If you drink alcoholic beverages, do so in moderation.	

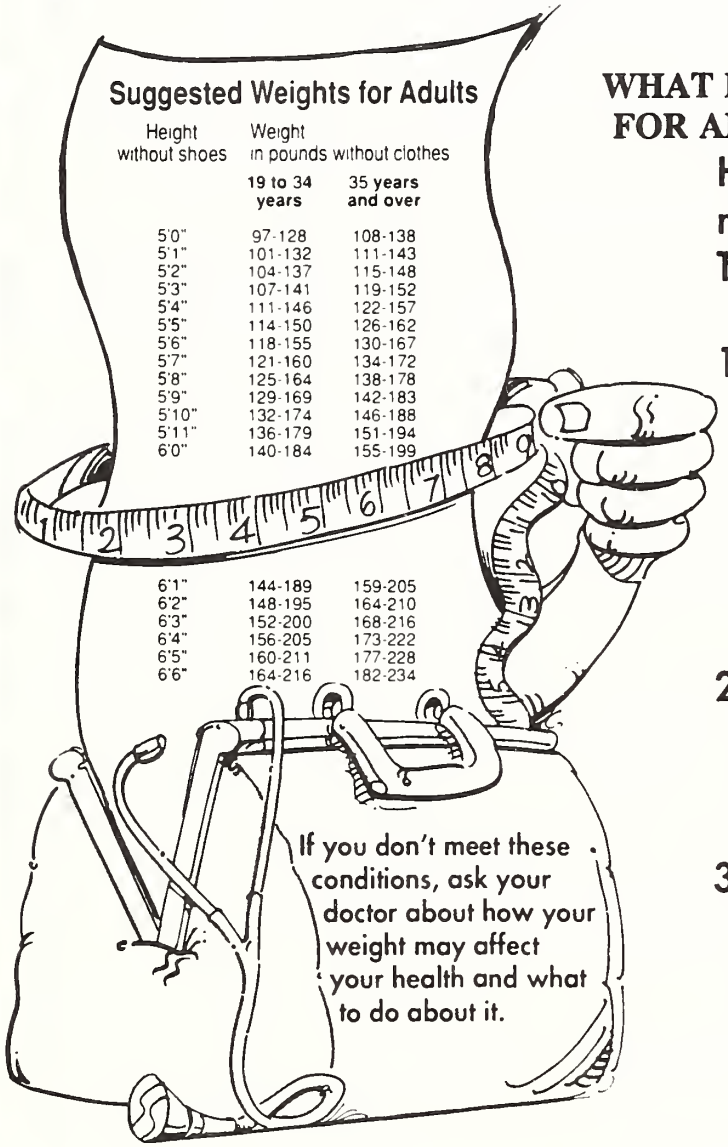
GUIDE TO GOOD EATING

Every day eat a wide variety of foods, including commodity foods, in moderation.

Breads, Cereals, and Other Grain Products	**Fruits**	**Vegetables**	**Meat, Poultry, Fish, and Alternates (eggs, dry beans and peas, nuts, and seeds)**	**Milk, Cheese, and Yogurt**
Supplies many nutrients including: • carbohydrate • thiamin • niacin • iron **6 - 11** servings	Supplies many nutrients including: • vitamin A • vitamin C **2 - 4** servings	Supplies many nutrients including: • vitamin A • vitamin C **3 - 5** servings	Supplies many nutrients including: • protein • iron • niacin • thiamin **2 - 3** servings	Supplies many nutrients including: • calcium • riboflavin • protein **2** servings
				

Maintaining Healthy Weight

Maintaining a healthy weight is a concern most of us share. We are aware that being too fat is linked to health problems such as high blood pressure, heart disease, stroke, the most common type of diabetes, certain cancers and other types of illness. Being too thin, while less common than overweight, is linked to osteoporosis in women and greater risk of early death in both men and women, and may be related to an eating disorder called anorexia nervosa.



WHAT IS A HEALTHY WEIGHT FOR ADULTS?

Healthy weight for adults means meeting these THREE conditions:

1) Your weight falls within the range for your height and age in the table.

(Note: The lower weights in the ranges are best for most women, who have less muscle and bone than men.)

2) Your waist measure is smaller than your hip measure.

3) Your doctor has not advised you to gain or lose weight for some health reason.

Your Eating Habits and Extra Calories

Think about your eating patterns and habits: What, how much, when, where, and why do you eat? For each of these questions, check the answers that best describe your eating patterns and habits.

What do I usually eat?

- ☐ A varied and balanced diet that includes only moderate amounts of fat, sugar, and alcoholic beverages.
- ☐ Deep-fat fried and breaded foods.
- ☐ "Extras," such as salad dressings, potato toppings, spreads, sauces, and gravies.
- ☐ Sweets and rich desserts such as candies, cakes, pies.
- ☐ Snack foods high in fat and sodium, such as chips and other "munchies."
- ☐ Cocktails, wine, and beer.

How much do I usually eat?

- ☐ A single small serving.
- ☐ A large serving.
- ☐ Two servings or more.

When do I usually eat?

- ☐ At mealtime only.
- ☐ While preparing meals or clearing the table.
- ☐ While watching TV or participating in other activities.
- ☐ At coffee break.
- ☐ Anytime.

Where do I usually eat?

- ☐ At the kitchen or dining room table.
- ☐ At restaurants or fast food places.
- ☐ In front of the TV or while reading.
- ☐ Wherever I happen to be when I'm "hungry."

Why do I usually eat?

- ☐ It's time to eat.
- ☐ I'm "starved."
- ☐ Foods look tempting.
- ☐ Everyone else is eating.
- ☐ Food will get thrown away if I don't eat it.
- ☐ I'm bored or frustrated.

Look at the boxes you checked for "what" and "how much" you eat. Do they provide any clues to where your extra calories are coming from? Your answers to "when, where, and why" you eat are important too. They often affect *what* and *how much* you eat.

Can you identify some habits that may be due for a change? Try to think of ways to modify "problem" habits. If, for example, you often nibble while doing other things, make an effort to plan your meals and snacks ahead of time. For eating at home, make a rule to eat only while sitting at the kitchen or dining room table. If candy bars from the vending machine at your office coffee break are a problem, substitute a low-calorie snack brought from home. If you often eat because you're bored or frustrated, think of other activities to get your mind off food—jog, call a friend, or walk the dog.

Cutting Excess Calories

What's Best For YOU?

What's the best way to change "what" and "how much" you eat? It depends on your eating habits. If rich desserts are a problem, you can opt for no dessert, a very small portion, or fresh fruit instead.

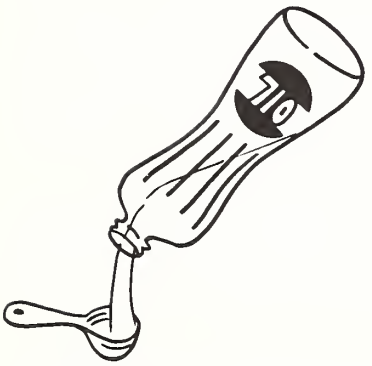
If topping on your baked potato is a source of extra calories, what's best for you—no topping, less topping, or plain yogurt instead of sour cream?

If you're used to the flavor of whole milk but want less fat and fewer calories, what's best for you—directly switching from whole milk to skim or trying lowfat milk first?

You can see that it's up to you. The important thing is to make some changes that will make a difference over the long run.

"Calorie Culprits"

To save calories, go easy on fats, sweets, and alcoholic beverages.
They are often the source of extra calories.



1 teaspoon FAT/OIL = 40 Calories



1 teaspoon SUGAR = 15 Calories



1 fluid ounce ALCOHOL (80 proof) = 65 Calories

What Can I Eat?

Food Group	Some Suggestions
Breads, cereals, and other grain products	• Breads, yes; but avoid spreads high in fat and sugar. • Cereals with little or no sugar. • Rice and pasta—but watch out for the sauces!
Fruits	• All except avocados and olives. But don't add sugar or whipped cream.
Vegetables	• All kinds, but go easy on butter, margarine, and other sauces or toppings high in fat. • Avoid vegetables that are fried.
Meat, poultry, fish, and alternates	• Lean parts of meat; poultry without skin; fish. • Broil, roast, simmer. Avoid items that are breaded and fried. • Eggs, dry beans and peas, and tofu are suitable alternates.
Milk, cheese, and yogurt	• Skim or lowfat milk and cheeses. • Lowfat plain yogurt.
Fats, sweets, and alcoholic beverages	• Watch out for these. They provide calories and little else—not what dieters want. • For dessert, try fresh fruit or choose baked products made with less fat and sugar—angelfood cake, for example.

Calorie-Cutting Tips

- Avoid seconds of higher calorie foods and gradually cut back on serving size.
- Use low-calorie versions of foods you like.
- Go easy on foods that are high in fat or sugar.
- Limit alcoholic beverages.
- Roast, broil, boil, steam, or poach foods rather than fry them.
- Select lean cuts of meat and trim visible fat.
- Eat poultry and fish without skin.
- Use spices and herbs instead of sauces, butter, or margarine.
- Use lowfat dairy products.
- Drink coffee or tea without cream or sugar or use lowfat milk instead of cream.

The "Basics"

Have you decided to be "FIT" and not "FAT"? That is the first step. Now develop a strategy to shed those unwanted pounds. In tailoring a weight loss plan that is right for you, keep the following "BASICS" in mind:

- Whether you have 5 pounds to lose or whether you have 20, there is only one way to lose weight, and that is to use up more calories than you take in. This means that you must either select foods that have fewer calories than you normally eat or you must increase your activity—preferably both. Generally, to lose one pound a week, you must either decrease calorie intake by about 500 calories a day or burn up those 500 calories by increasing physical activity. A steady loss of 1 or 2 pounds a week is about right.
- All calories count—regardless of the food they come from. BUT, some foods have more calories than others. The fat in foods and the alcohol in alcoholic beverages have about twice as many calories as carbohydrates and protein.
- Protein, vitamins, minerals, and some fat and carbohydrates, too, are essentials of a good diet, regardless of its calorie count. The healthy approach in losing weight is to choose a variety of foods to get the nutrients you need, and to go easy on foods that supply mainly calories. Examples are sugars, sweets, fats and oils, foods that are high in sugars and fats, and, of course, soft drinks and alcoholic beverages.
- Nutrition scientists recommend that everyone choose a diet low in fat, sugar, and alcohol. However, when trying to lose weight it is *especially* important to watch what you eat. Remember that fats, sugars, and alcohol are often the source of "extra" calories.

These "BASICS"' are the same for everyone. But putting them to good use is a personal matter. You need to develop a weight loss strategy that is right for you. Check with your doctor if you plan to follow a low-calorie diet over a long period of time or a diet that is extremely low in calories even for a short time.

Diet Cautions

Diet Fads

Be suspicious of diet gimmicks and fad diets that promise wonders. They can be dangerous. Some are appealing because they promise quick and easy weight loss. But unless a diet is balanced nutritionally—as many fad diets are not—it could be harmful if followed over a long period of time. Diets that encourage little or no eating, diets that promote heavy eating of one kind of food, and very low-calorie diets can all cause health problems.

Don't Be a "YO-YO"!

Many people who have a weight problem lose weight, regain it, lose, and regain—their weight goes up and down like a yo-yo. Repeatedly losing and regaining weight may increase your risk of heart disease. So once you've lost weight, put yourself on a maintenance program and keep that weight off for good!

You Can't Be Too Thin...Or Can You?

Being overweight is not advisable—but neither is being much *below* the "desirable" weight listed for your height. Going *overboard* in trying to lose weight can cause health problems.

Anorexia nervosa and bulimia are serious eating disorders. Persons with these disorders usually think they look fat (even though they may be thin) and have an abnormal fear of being fat. Common traits of persons suffering from anorexia and/or bulimia are bizarre food habits, refusal to eat, bingeing or gorging followed by vomiting, abuse of laxatives and diuretics, and an extreme urge to exercise. Such practices can result in starvation and other chronic health problems.



Fat, Cholesterol, and Your Health

For the U.S. population as a whole, it is a good idea to eat less total fat, saturated fat, and cholesterol every day. Why? High blood cholesterol levels increase the risk of heart disease, and the blood cholesterol level of many Americans is undesirably high. Eating a diet high in fat—especially saturated fatty acids and cholesterol—causes elevated blood cholesterol levels in many people.

For many, high blood cholesterol levels can be reduced by eating diets lower in saturated fatty acids and cholesterol. However, some people can eat diets high in total fat, saturated fatty acids, and cholesterol and still maintain normal blood cholesterol. Others have high blood cholesterol levels even on low-fat, low-cholesterol diets.

Eating less dietary fat is an especially good idea for those people who are trying to limit their calories. The fat in foods has many calories but few vitamins and minerals.

Fat and Cholesterol—What are They? Where are They Found?

FAT is the most concentrated source of food energy (calories). Each gram of fat supplies about 9 calories, compared with about 4 calories per gram of protein or carbohydrate and 7 calories per gram of alcohol. In addition to providing energy, fat aids in the absorption of certain vitamins. Some fats provide linoleic acid, an essential fatty acid which is needed by everyone in small amounts.

Butter, margarine, shortening, and oil are obvious sources of fat. Well-marbled meats, poultry skin, whole milk, cheese, ice cream, nuts, seeds, salad dressings, and some baked products also provide a lot of fat.

CHOLESTEROL is a fat-like substance found in the body cells of humans and animals. Cholesterol is needed to form hormones, cell membranes, and other body substances. The body is able to make the cholesterol it needs for these functions. Cholesterol is not needed in the diet.

Cholesterol is present in all animal tissues—meat, poultry, and fish—in milk and milk products, and in egg yolks. Both the lean and fat of meat and the meat and skin of poultry contain cholesterol. Cholesterol is *not* found in foods of plant origin such as fruits, vegetables, grains, nuts, seeds, and dry beans and peas.

FATTY ACIDS are the basic chemical units in fat. They may be either "saturated," "monounsaturated," or "polyunsaturated." All dietary fats are made up of *mixtures* of these fatty acid types.

Saturated fatty acids are found in largest proportions in fats of animal origin. These include the fats in whole milk, cream, cheese, butter, meat, and poultry. Saturated fatty acids are also found in large amounts in some vegetable oils, including coconut and palm.

Monounsaturated fatty acids are found in fats of both plant and animal origin. Olive oil and peanut oil are the most common examples of fat with mostly monounsaturated fatty acids. Also, most margarines and hydrogenated vegetable shortenings tend to be high in monounsaturated fatty acids.

Polyunsaturated fatty acids are found in largest proportions in fats of plant origin. Sunflower, corn, soybean, cottonseed, and safflower oils are vegetable fats that usually contain a high proportion of polyunsaturated fatty acids. Some fish are also sources of polyunsaturated fatty acids.

NOTE: *All* fats, whether they contain mainly saturated fatty acids, monounsaturated fatty acids, or polyunsaturated fatty acids, provide the same number of calories.

How Do You Score on Fat?

Do the foods you eat provide more fat than is good for you? Answer the questions below, then see how your diet stacks up.

	Seldom or never	1 or 2 times a week	3 to 5 times a week	Almost daily
How often do you eat:				
1. Fried, deep-fat fried, or breaded foods?	_____	_____	_____	_____
2. Fatty meats such as bacon, sausage, luncheon meats, and heavily marbled steaks and roasts?	_____	_____	_____	_____
3. Whole milk, high-fat cheeses, and ice cream?	_____	_____	_____	_____
4. High-fat desserts such as pies, pastries, and rich cakes?	_____	_____	_____	_____
5. Rich sauces and gravies?	_____	_____	_____	_____
6. Oil salad dressings or mayonnaise?	_____	_____	_____	_____
7. Whipped cream, table cream, sour cream, and cream cheese?	_____	_____	_____	_____
8. Butter or margarine on vegetables, dinner rolls, and toast?	_____	_____	_____	_____

Take a look at your answers. Several responses in the last two columns means you may have a high fat intake. Is it time to cut back on foods high in fat?

FAT

WHAT DO FATS DO FOR YOU?

1. They help keep your skin and hair healthy.
2. They protect your body's organs and help keep heat in your body.
3. They add flavor to foods.
4. They help vitamins A, D, E, and K be used by your body.
5. They make you feel full longer.
6. They give you energy.

WHAT IS CHOLESTEROL?

Cholesterol is a "fat-like" substance found only in animal foods (egg yolks, meat, poultry, fish, and milk and milk products). It is also made by our bodies. Cholesterol is not found in foods that come from plants (fruits, vegetables, grains, nuts, seeds, and dry beans and peas).

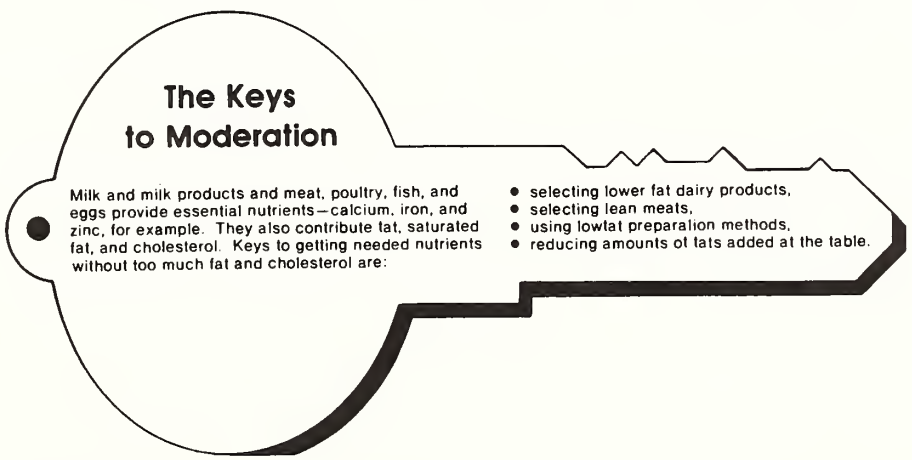
WHAT TYPES OF FATS ARE THERE?

Saturated Fats - fats of animal origin, such as the fat in whole milk, cream, cheese, butter, meat, and poultry. Saturated fat is also found in large amounts in some vegetable oils, including coconut oil, palm kernel oil, and palm oil. Saturated fats are usually solid at room temperature.

Unsaturated Fats - fats from plants, except coconut and palm oils. Unsaturated fats include olive, canola, peanut, sunflower, corn, soybean, cottonseed, and safflower oils. Unsaturated fats are usually liquid at room temperature.

Hydrogenated Fats - oils that are turned into saturated fats by food manufacturers.

NOTE: All fats—no matter whether they are saturated or unsaturated—have the same number of calories (9 calories per gram of fat).



FAT—Say Yes To Less

Cooking for better health does not mean throwing away your favorite recipes and cookbooks. By making a few substitutions in ingredients and slight changes in cooking methods, you can continue to enjoy many of your favorite foods while decreasing fat and cholesterol.

- ✓ Bake, broil, boil, grill, poach, steam, roast, and/or stirfry meats and vegetables instead of frying.
- ✓ Trim all visible fat from fresh meats. Remove skin from chicken or turkey. Remove visible fat from canned meats and rinse with hot water.
- ✓ Cook meat on a rack so that fat can drain off. Drain meat after browning.
- ✓ Baste meat with wine, fruit juices, broth, or tomato juice instead of drippings.
- ✓ Chill stews, soups, and sauces before eating. Fat will harden and rise to the top. Remove fat before reheating.
- ✓ Eat less fatty meats, such as luncheon meats, bacon, sausage, or hot dogs.
- ✓ Prepare muffins, biscuits, and other baked items with vegetable oil rather than butter or shortening when possible.
- ✓ Experiment with recipes. Try using less fat than called for in the recipe.
- ✓ Season foods with pepper and other spices instead of using fatback, butter, lard, or sauces.
- ✓ Use lowfat cottage cheese or plain yogurt instead of sour cream.
- ✓ Use no-stick sprays to coat baking pans and for cooking.
- ✓ Drink and/or cook with milk made from nonfat dry milk.
- ✓ Go easy on the butter, margarine, sour cream, and salad dressings you add to foods at the table.
- ✓ Eat less fried foods, such as potato chips, fry bread, and french fries.
- ✓ Read labels to find out if a food has fat and what kind of fat it is.

Foods High in Fat

Butter and Margarine

Cooking Oils, Shortening, and Lard

Whipped Cream, Table Cream, Sour Cream and Cream Cheese

Cheeses

Whole Milk

Ice Cream

Mayonnaise

Salad Dressings

Hot Dogs, Bologna, and Other Luncheon Meats

Sausage, Bacon, and Well-Marbled Cuts of Meat

Potato Chips

Doughnuts, Brownies, Cookies, Cakes, Pies, and Other High-Fat Pastries or Desserts

Any Foods That Are Fried

Pecans, Peanuts, and Other Nuts

Peanut Butter

Chocolate

Olives

Avocados

Foods Low in Fat

All Fruits and Vegetables (except olives and avocados)

Most Types of Bread

Rice

Skim and Lowfat Milk

Beans and Peas

Macaroni, Spaghetti, and Other Pasta Products

Saltine Crackers

Oatmeal

Fish

Chicken

Turkey

HIDDEN FATS

FOOD	PORTION SIZE	FAT CONTENT IN PATS*	TOTAL CALORIES
Bologna	2 ounces	❑❑❑❑ 4 teaspoons	180
Cheese, Process American	1 1/2 ounces	❑❑❑Δ 3 1/2 teaspoons	157
Cheese Pizza with "Everything"	1/8 13-inch thin-crust	❑❑❑ 3 teaspoons	240
Chicken, Breaded and Fried with Skin	3 ounces	❑❑❑ 3 teaspoons	220
Fry Bread	1 small piece	❑❑❑ 3 teaspoons	200
Hot Dogs	2 ounces	❑❑❑❑ 4 teaspoons	360
Peanut Butter	2 tablespoons	❑❑❑❑ 4 teaspoons	190
Potato Chips	1 ounce	❑❑Δ 2 1/2 teaspoons	145
Sausage, Pork	2 ounces	❑❑❑❑Δ 4 1/2 teaspoons	100

* ❑ (1 pat) = 1 teaspoon fat Δ (1/2 pat) = 1/2 teaspoon fat

NOTE: Fat content and total calories are average values for typical foods. Individual products may vary.

For A Diet With Plenty of Vegetables, Fruits, and Grain Products, Have Daily—

Three or more servings of various vegetables

(Count as a serving: 1 cup of raw leafy greens, 1/2 cup of other kinds)

- Have dark-green leafy and deep-yellow vegetables often.
- Eat dry beans and peas often. (Count 1/2 cup of cooked dry beans or peas as a serving of vegetables or as 1 ounce of the meat group.)
- Also eat starchy vegetables, such as potatoes and corn.

Two or more servings of various fruits

(Count as a serving: 1 medium apple, orange, or banana; 1/2 cup of small or diced fruit; 3/4 cup of juice)

- Have citrus fruits or juices, melons, or berries regularly.
- Choose fruits as desserts and fruit juices as beverages.

Six or more servings of grain products

(Count as a serving: 1 slice of bread; 1/2 bun, bagel, or english muffin; 1 ounce of dry, ready-to-eat cereal; 1/2 cup of cooked cereal, rice, or pasta)

- Eat products from a variety of grains, such as wheat, rice, oats, and corn.
- Have several servings of whole-grain breads and cereals daily.

Remember that vegetables, fruits, and grain products are generally low in calories if fats and sugars are used sparingly in their preparation and at the table.

Check Your Diet for Vegetables, Fruits, and Grain Products

	Seldom or never	1 or 2 times a week	3 to 4 times a week	Almost daily
How often do you eat:				
1. Several servings of breads, cereals, pasta, or rice?	_____	_____	_____	_____
2. Starchy vegetables like potatoes, corn, peas, or dishes made with beans or peas?	_____	_____	_____	_____
3. Whole-grain breads or cereals?	_____	_____	_____	_____
4. Several servings of vegetables?	_____	_____	_____	_____
5. Whole fruits with skins and/or seeds (berries, apples, pears, etc.)?	_____	_____	_____	_____

The best answer for all of the above is ALMOST DAILY. Breads, cereals, and other grain products and starchy vegetables provide complex carbohydrates. Whole-grain products, fruits, and vegetables, especially those with edible skins and seeds, are good sources of dietary fiber.

Vegetables, Fruits, and Grain Products

Vegetables, fruits, and grain products are important parts of a diet planned with variety in mind. They are also important to your diet because of the nutrients they contain—especially the complex carbohydrates, vitamins, and minerals.

Vegetables, fruits, and grain products are generally low in fats. By choosing the suggested amounts of them, you are likely to increase carbohydrates and decrease fats in your diet, as health authorities suggest. You will also get more dietary fiber. It is best to eat a variety of these fiber-rich foods because they differ in the kinds of fiber they contain.

Foods for Complex Carbohydrates and Dietary Fiber

Some foods for complex carbohydrates:

Breads
Breakfast cereals
Pasta, such as spaghetti, macaroni, and noodles
Rice
Dry beans and peas
Starchy vegetables, such as potatoes, corn, peas, and lima beans

Some foods for dietary fiber:

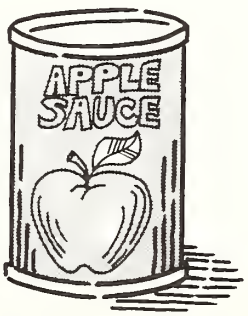
Whole-grain breads
Whole-grain breakfast cereals
Vegetables, especially with edible skins, stems, or seeds
Dry beans and peas
Whole fruits, especially with edible skins or seeds
Nuts and seeds

Did You Know...

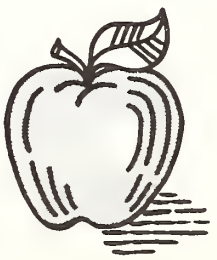
Form of the food will affect its fiber content



Apple juice, 3/4 cup: 0.2 g fiber



Applesauce, 1/2 cup: 2.1 g fiber



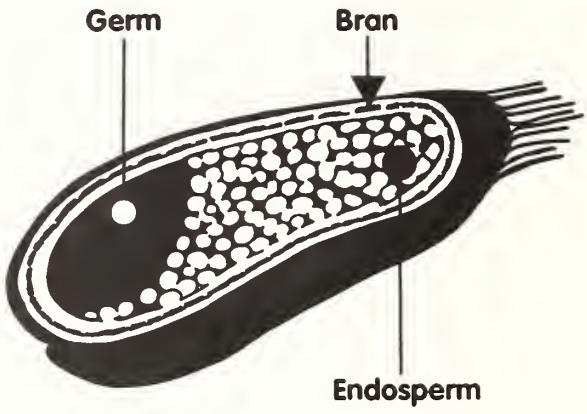
Whole apple with peel: 3.6 g fiber

What Are Whole Grains?

Whole grains are products that contain the entire grain, or all the grain that you can eat. They include the *bran* and *germ* portions which contain most of the fiber, vitamins, and minerals, as well as the starchy *endosperm*.

Some examples are whole wheat, cracked wheat, rolled wheat, bulgur, rolled oats, whole cornmeal, popcorn, brown rice, whole rye, and scotch barley.

Wheat Kernel



Whole grain does not have to mean bread or cereal. Try these:

Brown rice

Corn tortillas

Popcorn, unbuttered

Scotch barley–in soup

Tabbouleh–a bulgur wheat salad

Recognizing the Real Whole Wheat

All whole-wheat bread is brown, but not all brown bread is whole-wheat...

By law, bread that is labeled "whole wheat" must be made from 100 percent whole-wheat flour. "Wheat bread" may be made from varying proportions of enriched white flour and whole-wheat flour. The type of flour present in the largest amount is listed first on the ingredient label. Sometimes a dark color is provided by "caramel coloring," also listed on the label.

The milling of wheat to produce white flour results in the loss of nutrients as the bran and germ are removed. *Enrichment* replaces four important nutrients: iron, thiamin, riboflavin, and niacin. But flours made from the whole grain contain more of other nutrients, such as folic acid, vitamin B_6, vitamin E, phosphorus, magnesium, and zinc, than enriched white flour.

You don't have to switch to whole-wheat bread to increase your intake of whole grains...

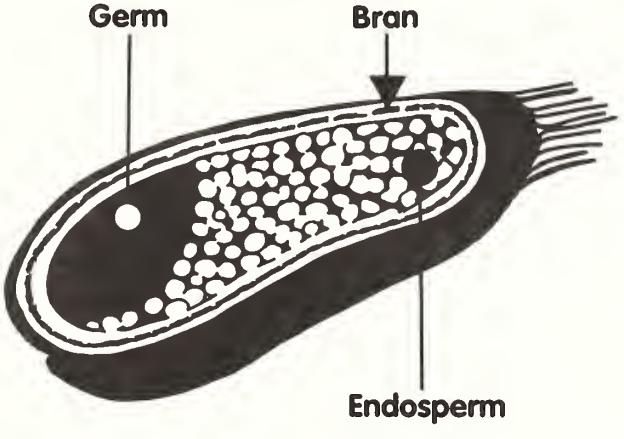
Many products on the market are made of a mixture of whole-grain flours and enriched flour. Try those listed below for variety in taste and texture, as well as a bonus of fiber and nutrients. Or, try substituting whole-grain flour for half the amount of white flour when you bake quick breads or cookies.

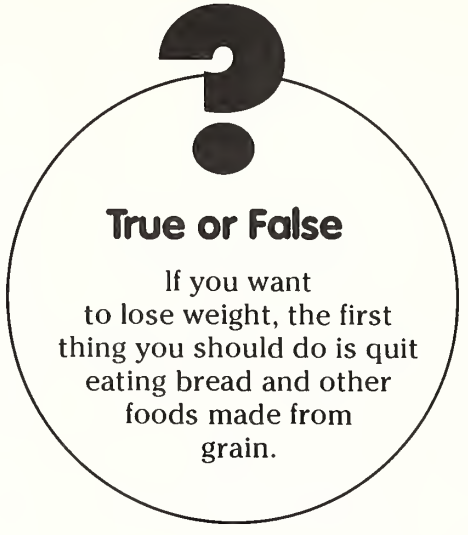
Bran muffins
Cornbread, from whole, ground cornmeal
Cracked wheat bread
Graham crackers
Oatmeal bread
Pumpernickel bread
Rye bread

Whole Grains

Most of the bread you eat is made from wheat. But sometimes, bread is made from only part of the wheat kernel. When wheat is milled to make white flour, only the endosperm is used. The bran and the germ are removed, because they give the flour a light brown color. But along with color, the bran and the germ add fiber and some other important nutrients. Enriched white flour has had many of these nutrients put back in, but not all of them. Whole grain flour is made from all the parts of the wheat kernel. So it's important to eat some whole grain products every day.

Wheat Kernel





True or False

If you want to lose weight, the first thing you should do is quit eating bread and other foods made from grain.

Bread Label

How can you tell if a product is made from whole grains? The best way is to read the label. Because even though all whole wheat bread is brown, not all brown bread is made from whole wheat flour. You have to look on the label for the words "whole wheat flour." Here's a label to get you started.

MADE FROM: STONE GROUND 100% WHOLE WHEAT FLOUR,WATER, WHEAT KERNELS, WHEAT GERM, SUNFLOWER SEEDS, SESAME SEEDS, HONEY, PARTIALLY HYDROGENATED SOYBEAN OIL, SALT, YEAST, WHEAT GLUTEN, BROWN SUGAR, UNSULPHURED MOLASSES, VINEGAR AND LEMON PUREE.

NO ARTIFICIAL PRESERVATIVES NO CHOLESTEROL LOW FAT LOW SODIUM



FALSE. It's not the bread that's fattening. It's what you add to it. One slice of bread has about 75 to 85 calories. That's less than one-half cup of cottage cheese (120) or a three-ounce hamburger patty (185). But the things you can add to bread can really add calories. If you add a pat of butter and a tablespoon of jelly to a slice of bread, it would have about 160 calories. If you added a tablespoon of peanut butter to the bread, it would have about 185 calories.

Getting to Know Your Sugars

Terms That Mean Added Sugar—Word Find

Just for fun, see how many of 10 different sugars you can find in the puzzle below. Names run up and down, across, and diagonally. The box at right may give you some clues.

M F R U C T O S E S B M I R C
O A X R A Q E S M A L J E V O
L I S U C R O S E O E S P A R
A N E L M T O Y T J O B G E N
S Q I K C W A I O T S H B I S
S A M A P O B G L U C O S E Y
E Y L O F R H A D O N N S I R
S O D S O Z M F E A R E H M U
T R A S K M A P L E S Y R U P
K R U G C O N C L A O H Y L R

Names of Sugars Used in Foods

Sugar
Sucrose
Glucose
Dextrose
Sorbitol
Fructose
Maltose
Lactose
Mannitol
Honey
Corn syrup
High-fructose corn syrup
Molasses
Maple syrup

Using the Ingredient Label

Read the ingredient label to get a rough idea of the sugars in a product. (The names of some sugars that manufacturers add to foods are listed above.) Ingredients are listed on the label in order by weight—from greatest to least. So, if one of these sugars is listed as one of the first three ingredients, or if several sugars are listed on the label, the product is probably high in sugar.

INGREDIENTS: Bleached flour, sugar, partially hydrogenated vegetable shortening, dextrose, water, corn syrup, carob, whey blend, cornstarch, salt, sodium bicarbonate, lecithin, artificial flavorings, and artificial colors.

This product contains three different added sugars: sugar, dextrose, and corn syrup. Notice that these sugars are the second, fourth, and sixth ingredients on the label. This indicates that this product is probably high in sugar.



What About Artificial Sweeteners?

Saccharin and aspartame are artificial sweeteners commonly used in diet beverages, tabletop sweeteners, and other products to provide sweetness without unwanted calories. Aspartame (marketed commercially as "Nutrasweet®") is also used in gelatins, puddings, dessert toppings, and even cereals. Since saccharin does not have the same baking characteristics as sugar, special recipes must be used for preparing baked products using this sweetener. Aspartame decomposes with heat and is not appropriate for baking purposes.

It is not necessary to use artificial sweeteners to avoid too much sugar in your diet.

The safety of artificial sweeteners as food additives is continuously under review by the Food and Drug Administration (FDA). For current information about specific food additives, contact the FDA Consumer Affairs Office in your region.

Rating Your Diet: How Sweet Is It?

Does your diet include a lot of added sugar? Check the answer that most closely describes your eating habits to see how the foods you choose affect the amount of added sugars in your diet.

How often do you—	Less than once a week	1 or 2 times a week	3 to 5 times a week	Almost daily
1. Drink soft drinks, sweetened fruit drinks, punches, or ades?	_____	_____	_____	_____
2. Choose sweet desserts and snacks, such as cakes, pies, cookies, and ice cream?	_____	_____	_____	_____
3. Use canned or frozen fruits packed in heavy syrup or add sugar to fresh fruit?	_____	_____	_____	_____
4. Eat candy?	_____	_____	_____	_____
5. Add sugar to coffee or tea?	_____	_____	_____	_____
6. Use jam, jelly, or honey on bread or rolls?	_____	_____	_____	_____

How Did You Do?

The more often you choose the items listed above, the higher your diet is likely to be in sugar. However, not all of the items listed have the same amount of added sugars. You may need to cut back on sugar-containing foods, especially those foods you checked "3 to 5 times a week" or "Almost daily." This does not mean you never can eat these foods, you just need to watch what you eat. Choose foods that are high in sugar less often and eat smaller portions of them.

SUGAR

Say Yes To Less

When You Cook—

- ✓ Cut down on the sugar used in recipes. You can leave out some of the sugar in many muffin, cookie, and cake recipes. Start by reducing the sugar gradually until you have decreased it by one-third or more.
- ✓ Experiment with spices—such as cinnamon, nutmeg, ginger, and mace—to enhance the flavor of foods.
- ✓ Drain canned fruits and throw away the syrup. To get rid of more sugar, rinse the fruit under running water.

When You Eat—

- ✓ Use less of all sugars. This includes white and brown sugar, honey, molasses, and syrups.
- ✓ Put only half the usual amount of sugar, syrups, jams, or spreads on food.
- ✓ Cut back on the number of soft drinks, sweetened fruit drinks, punches, and ades you drink.
- ✓ Choose fewer foods high in sugar, such as sweet desserts, candy, etc.

The Sugar/Tooth Decay Connection

The major problem related to eating too much sugar is tooth decay. Tooth decay, however, is more than a matter of **HOW MUCH** sugar you eat. Both the **FORM** in which you eat sugar and **HOW OFTEN** you eat it are important. Sticky or chewy sugary foods that stay on the teeth longer cause more problems than other sweets. Sugary foods eaten between meals are more likely to cause tooth decay than those eaten only at mealtime.

Sugar and Your Teeth

Harmful

- Too much sugar
- Frequent snacks
- "Sticky" sweets



Helpful

- Sugar at meals only
- Good dental care
- Fluoride

FOR HEALTHIER TEETH AND GUMS—

- Moderate the use of foods containing sugars and starches between meals.
- Brush and floss teeth regularly.
- Use a fluoride toothpaste.
- Ask your dentist or doctor about the need for supplemental fluoride, especially for children.
- Do not use a nursing bottle with any beverage other than water as a pacifier.

Preventing Baby-Bottle Tooth Decay



Do not put a baby or young child to bed with a bottle of milk, formula, juice, or other sweet liquid or use such a bottle as a pacifier during the day. During sleep this liquid stays in the mouth and gathers around the teeth. Exposure of the teeth to sugars in these liquids for extended periods of time, day or night, leads to a high risk of tooth decay.

HIDDEN SUGARS

FOOD	PORTION SIZE	SUGAR CONTENT IN CUBES*	TOTAL CALORIES
Cake, Angel Food	1/12 10-inch round cake	■■■■■▮ 5 1/2 teaspoons	125
Cereal, Ready-To-Eat, Sweetened	1 ounce	■■■▮ 3 1/2 teaspoons	110
Cola Soft Drink	12 fluid ounces	■■■■■■■■■ 9 teaspoons	160
Fruit, Canned Heavy Syrup	1/2 cup	■■■■■ 5 teaspoons	95
Fruit Drink, Ade, or Punch	12 fluid ounces	■■■■■■■■ ■■■■ 12 teaspoons	185
Gelatin Dessert	1/2 cup	■■■▮ 3 1/2 teaspoons	70
Honey	1 tablespoon	■■■■■ 5 teaspoons	65
Jelly	1 tablespoon	■■■ 3 teaspoons	50
Jelly Beans	10	■■■■ 4 teaspoons	105

* ■ (1 cube) = 1 teaspoon sugar ▮ (1/2 cube) = 1/2 teaspoon sugar

NOTE: Sugar content and total calories are average values for typical foods. Individual products may vary.

HIDDEN SUGARS AND FATS

FOOD	SUGAR IN CUBES*	FAT CONTENT IN PATS**	TOTAL CALORIES
Doughnut, Cake-type	■■ 2 teaspoons	❑❑❑ 3 teaspoons	210
Cake, Frosted 1/16 cake	■■■■■■■■ 8 teaspoons	❑❑ 2 teaspoons	285
Candy, Chocolate Bar with Almonds, 1.4 ounce	■■■■■ 5 teaspoons	❑❑❑ 3 teaspoons	220
Cheesecake 1/12 cake	■■■■▮ 4 1/2 teaspoons	❑❑❑❑Δ 4 1/2 teaspoons	405
Ice Cream, 1 cup	■■■■■■■ 7 teaspoons	❑❑❑Δ 3 1/2 teaspoons	270
Milk, Chocolate (2% fat), 1 cup	■■■ 3 teaspoons	❑❑ 2 teaspoons	180
Pie, Apple 1/6 9-inch pie	■■■■■▮ 5 1/2 teaspoons	❑❑❑❑Δ 4 1/2 teaspoons	405
Shake, Chocolate 10 ounce	■■■■■■■■ ■■■■■ 13 teaspoons	❑❑ 2 teaspoons	360

* ■ (1 cube) = 1 teaspoon sugar ▮ (1/2 cube) = 1/2 teaspoon sugar
** ❑ (1 pat) = 1 teaspoon fat Δ (1/2 pat) = 1/2 teaspoon fat

NOTE: Sugar and fat content, and total calories are average values for typical foods. Individual products may vary.

SODIUM
Questions and Answers

What Is Sodium?

Sodium is a mineral that occurs naturally in some foods and is added to many foods and beverages. Most of the sodium in the American diet comes from table salt, which is 40 percent sodium and 60 percent chloride. One teaspoon of salt contains about 2,000 milligrams of sodium.

Why Is Sodium Important?

Sodium attracts water into the blood vessels and helps maintain normal blood volume and blood pressure. Sodium is also needed for the normal function of nerves and muscles.

How Much Sodium Do I Need?

Although some sodium is essential to your health, you need very little. The National Research Council of the National Academy of Sciences suggests that a "safe and adequate" range of sodium intake per day is about 1,100 to 3,300 milligrams for adults. This is well below the amount that most American adults consume.

Where Is Sodium Found in My Diet?

Sodium is in many foods you eat. It may occur naturally in a food or be added during processing, cooking, or at the table. Most sodium added during processing comes from salt, but other ingredients and additives used by manufacturers contain sodium as well. Salt is second only to sugar in amount added by manufacturers to the foods Americans eat.

Foods that provide significant amounts of sodium in the diets of Americans (excluding sodium added during cooking or at the table) include bread and bakery products, cured and processed meats, canned vegetables, and milk products, especially many cheeses. Estimating the actual sodium content of diets is difficult because of the variable amounts of sodium people add to foods during cooking and at the table.

What's That Sodium DOING There?

Most of the sodium in processed foods is added to preserve and/or flavor them. Salt is the major source of sodium added to these foods. It is added to most canned and some frozen vegetables, smoked and cured meats, pickles, and sauerkraut. Salt is used in most cheeses, sauces, soups, salad dressings, and in many breakfast cereals. Sodium is also found in many other ingredients used in food processing. Examples of sodium-containing ingredients and their uses in foods are:

Baking powder—leavening agent
Baking soda—leavening agent
Monosodium glutamate—flavor enhancer
Sodium benzoate—preservative
Sodium caseinate—thickener and binder
Sodium citrate—buffer, used to control acidity in soft drinks and fruit drinks
Sodium nitrite—curing agent in meat, provides color, prevents botulism (a food poisoning)
Sodium phosphate—emulsifier, stabilizer, buffer
Sodium propionate—mold inhibitor
Sodium saccharin—artificial sweetener

About Condiments

Watch out for commercially prepared condiments, sauces, and seasonings when preparing and serving foods for you and your family. Many, like those below, are high in sodium.

Onion salt	Soy sauce
Celery salt	Steak sauce
Garlic salt	Barbecue sauce
Seasoned salt	Catsup
Meat tenderizer	Mustard
Bouillon	Worcestershire sauce
Baking powder	Salad dressings
Baking soda	Pickles
Monosodium glutamate (msg)	Chili sauce
	Relish

Estimating the Sodium in Your Diet

Take a look at how the foods you eat and the way you prepare and serve them affect the amount of sodium in your diet.

How often do you:	Less than once a week	1 or 2 times a week	3 to 5 times a week	Almost daily
1. Eat cured or processed meats such as ham, bacon, sausage, hot dogs, and other luncheon meats?	_____	_____	_____	_____
2. Choose canned vegetables or frozen vegetables with sauce?	_____	_____	_____	_____
3. Use commercially prepared meals, main dishes, or canned or dehydrated soups?	_____	_____	_____	_____
4. Eat cheese?	_____	_____	_____	_____
5. Eat salted nuts, popcorn, pretzels, corn chips, or potato chips?	_____	_____	_____	_____
6. Add salt to cooking water for vegetables, rice, or pasta?	_____	_____	_____	_____
7. Add salt, seasoning mixes, salad dressings, or condiments such as soy sauce, steak sauce, catsup, or mustard to foods during preparation or at the table?	_____	_____	_____	_____
8. Salt your food before tasting it?	_____	_____	_____	_____

How Did You Do?

The more checks you have in the last two columns, the higher your diet is likely to be in sodium. However, not all of the items listed have the same amount of sodium. For example, many natural cheeses are relatively low in sodium. Most process cheeses and cottage cheese are higher.

To cut back on sodium, you can start by having some items less often, especially those you checked as "3 to 5 times a week" or "Almost daily." This does not mean eliminating foods from your diet. You just need to choose lower sodium foods from each food group more often and balance high-sodium foods with low-sodium foods.

Sodium Content of Your Food

This table shows the sodium content of some types of foods. The ranges are rough guides; individual food items may be higher or lower in sodium.

A Short Guide to Sodium Content of Foods

Foods	Approximate Sodium Content (in milligrams)
Breads, Cereals, and Grain Products	
Cooked cereal, pasta, rice (unsalted)	Less than 5 per 1/2 cup
Ready-to-eat cereal	100-360 per oz.
Bread, whole-grain or enriched	110-175 per slice
Biscuits and muffins	170-390 each
Vegetables	
Fresh or frozen vegetables (cooked without added salt)	Less than 70 per 1/2 cup
Vegetables, canned or frozen with sauce	140-460 per 1/2 cup
Fruit	
Fruits (fresh, frozen, or canned)	Less than 10 per 1/2 cup
Milk, Cheese, and Yogurt	
Milk and yogurt	120-160 per cup
Buttermilk (salt added)	260 per cup
Natural cheeses	110-450 per 1-1/2-oz. serving
Cottage cheese (regular and lowfat)	450 per 1/2 cup
Process cheese and cheese spreads	700-900 per 2-oz. serving
Meat, Poultry, and Fish	
Fresh meat, poultry, finfish	Less than 90 per 3-oz. serving
Cured ham, sausages, luncheon meat, frankfurters, canned meats	750-1,350 per 3-oz. serving
Fats and Dressings	
Oil	None
Vinegar	Less than 6 per tbsp.
Prepared salad dressings	80-250 per tbsp.
Unsalted butter or margarine	1 per tsp.
Salted butter or margarine	45 per tsp.
Salt pork, cooked	360 per oz.
Condiments	
Catsup, mustard, chili sauce, tartar sauce, steak sauce	125-275 per tbsp.
Soy sauce	1,000 per tbsp.
Salt	2,000 per tsp.
Snack and Convenience Foods	
Canned and dehydrated soups	630-1,300 per cup
Canned and frozen main dishes	800-1,400 per 8-oz. serving
Unsalted nuts and popcorn	Less than 5 per oz.
Salted nuts, potato chips, corn chips	150-300 per oz.
Deep-fried pork rind	750 per oz.

Some Major Points About the Table:

- Unprocessed grains are naturally low in sodium. Ready-to-eat cereals vary widely in sodium content. Some have no salt added at all. Others are higher in sodium than most breads.
- Fresh, frozen, and canned fruits and fruit juices are low in sodium. Most canned vegetables, vegetable juices, and frozen vegetables with sauce are higher in sodium than fresh or frozen ones cooked without added salt.
- A serving of milk or yogurt is lower in sodium than most natural cheeses, which vary widely in their sodium content. Process cheeses, cheese foods, and cheese spreads contain more sodium than natural cheeses. Cottage cheese falls somewhere between natural and process cheeses.
- Most fresh meats, poultry, and fish are low in sodium. Canned poultry and fish are higher. Most cured and processed meats such as hotdogs, sausage, and luncheon meats are even higher in sodium because sodium is used during processing to preserve them.
- Most "convenience" foods are quite high in sodium. Frozen dinners and combination dishes, canned soups, and dehydrated mixes for soups, sauces, and salad dressings contain a lot of sodium. Condiments such as soy sauce, catsup, mustard, tartar sauce, chili sauce, and pickles and olives are also high in sodium.
- Many low- or reduced-sodium foods are appearing on supermarket shelves as alternatives to those processed with salt and other sodium-containing ingredients. Check the label for the sodium content of these foods.

Sodium and High Blood Pressure

About one in four Americans has elevated blood pressure. Because it often produces no symptoms, blood pressure should be checked regularly for early diagnosis. High blood pressure increases the risk of heart attack, stroke, and kidney disease.

Risk factors for high blood pressure include a family history of the disease, overweight, and a high sodium intake. Some people can eat high-sodium foods without increased blood pressure; others cannot.

Too much sodium in the diet may aggravate high blood pressure once it exists. Thus, limiting dietary sodium is often an important part of treatment, along with exercise, weight reduction (if appropriate), and medication.

We cannot predict who will develop high blood pressure, but we know that many Americans eat much more sodium than they actually need. Therefore, many health professionals believe that reducing sodium is sensible for the population as a whole.

Four out of 10 adults are trying to cut down on salt or sodium. Consider reducing *your* sodium intake.

THE

SALT ⇨ SODIUM

CONNECTION

Salt—Sodium Conversions

1/4 tsp. salt = 500 mg sodium
1/2 tsp. salt = 1,000 mg sodium
3/4 tsp. salt = 1,500 mg sodium
1 tsp. salt = 2,000 mg sodium

The link between salt and sodium may be a little hard to understand at first. If you remember that 1 teaspoon of salt provides 2,000 milligrams of sodium, however, you can estimate the amount of sodium that you add to foods during cooking and preparation, or even at the table.

"Shake the Habit"

About one-third of the average daily intake of sodium comes from salt added to food in cooking or at the table. How much salt do *you* add? Try this test: Cover a plate with wax paper or foil. Salt the plate as you would if it contained food. Collect the salt and measure it. If you used about 1/8 teaspoon, that amounts to 250 milligrams of sodium.

SODIUM

Say Yes To Less

A diet with less sodium does not have to be dull or limited in variety. There are many ways to reduce sodium in your diet without sacrificing flavor or quality. Here are some suggestions to help.

In the Kitchen—

- ✓ Plan meals that contain less sodium. Try new recipes that use less salt and sodium-containing ingredients. Adjust your own recipes by cutting back on such ingredients a little at a time. Do not be fooled by recipes that have little or no salt in them but call for cheese, canned foods, and food flavorings, such as bouillon cubes, soy sauce, and Worcestershire sauce.

- ✓ Use herbs and spices to flavor foods instead of salt.

- ✓ Cook pasta, rice, noodles, and hot cereals without adding salt to the water.

- ✓ Drain canned vegetables. Throw away the liquid. To get rid of more salt, rinse the vegetables under running water.

- ✓ Make your own condiments, dressings, and sauces using little or no sodium-containing ingredients.

Remember that the foods you prepare can contain less sodium than the commercially prepared ones. When you make foods from scratch, you control how much sodium you add.

At the Table—

- ✓ Taste your food before you salt it. If, after tasting your food, you must salt it, try one shake instead of two.

- ✓ Limit the amount of commercially prepared condiments (such as catsup and mustard), dressings, and sauces you add to your food.

Spicing It Up Without the Salt Shaker

There are many ways to season foods without salt. Experiment. Try the suggestions shown on the chart to the right or create your own flavor combinations. A dot (•) means the seasoning at the top goes well with the food to the left.



Food	ALLSPICE	BASIL	CARAWAY SEEDS	CHIVES	CLOVES	CURRY POWDER	DILL	GARLIC	GINGER	MARJORAM	ONION POWDER	OREGANO	POPPY SEEDS	ROSEMARY	SAVORY	TARRAGON	THYME	TUMERIC
Pot roast or meat loaf	•							•		•							•	
Fish				•			•									•		
Poultry										•				•		•		
Soups						•			•									
Pastas													•		•			
Tomatoes		•										•						
Rice or bulgur		•				•					•							•
Cooked cabbage, broccoli, brussels sprouts, or cauliflower			•			•				•								
Cooked carrots or beets			•		•													
Cooked green beans, lima beans, or peas							•							•				

What About Salt Substitutes?

Salt substitutes are not for everyone, but they may be helpful for some people trying to reduce their sodium intake. Many salt substitutes contain potassium in place of all or part of the sodium. People under medical supervision, particularly for kidney problems, should check with their physician before using these salt substitutes.

Some salt substitutes contain neither sodium nor potassium, but, instead, are mixtures of spices and herbs. These, as well as homemade seasoning blends, can be used to flavor foods without added sodium. See the spice chart above for some suggestions, and try seasoning some of your favorite recipes with more herbs and spices and less salt.

Alcohol: What Are the Risks?

Alcoholic beverages, taken in moderation (one or two standard-size drinks daily), appear to cause no harm in normal, healthy, nonpregnant adults. However, drinking alcoholic beverages has no net health benefit, is linked with many health problems, is the cause of many accidents, and can lead to addiction.

Some people should not drink alcoholic beverages. These people are:

- Women who are pregnant or trying to conceive
- People who plan to drive or engage in other activities that require attention or skill
- People using medicines, even over-the-counter kinds
- People who cannot keep their drinking moderate
- Children and adolescents

What About Drinking During Pregnancy?

Drinking alcoholic beverages during pregnancy can damage the developing fetus. Low birth weight, reduced growth rate, birth defects, and mental retardation may result from excessive alcohol consumption.

"Fetal alcohol syndrome" is a name given to a condition sometimes seen in infants of mothers who drank heavily during pregnancy. The infant has a specific pattern of physical, mental, and behavioral abnormalities.

The exact amount of alcoholic beverages pregnant women may drink without risk to the developing fetus is not known. Also, the risk from periodic bouts of moderate or heavy drinking is not known. Alcohol may be especially damaging to the fetus at certain times during pregnancy. Factors such as cigarette smoking and poor dietary practices may also be involved.

Studies show that the more alcoholic beverages the mother drinks, the greater the risks are for her baby.

RECOMMENDATION: Do not drink alcoholic beverages during pregnancy.

Alcohol: Fact or Fiction?

To see what you already know about alcohol and alcoholic beverages, take this quiz.

	True	False
1. Heavy drinking may lead to malnutrition if alcoholic beverages replace foods that have more nutrients.	_____	_____
2. Cutting out or cutting back on alcoholic beverages is a nutritionally sound way to reduce calories.	_____	_____
3. Ounce for ounce, beer contains more calories than wine.	_____	_____
4. During pregnancy, it is safest not to drink alcoholic beverages.	_____	_____
5. Alcohol provides most of the calories in many mixed drinks.	_____	_____

Answers:

1. True.
2. True.
3. False. A dry table wine provides about twice as many calories per fluid ounce as a regular beer. Sweet wine would provide more calories, while light beer would provide less.
4. True.
5. False. In many mixed drinks, a significant portion of the total calories comes from the nonalcoholic ingredients.

Alcohol and Calories: The Price You Pay

Alcoholic beverages are high in calories, but low in nutrients. People who want to lose weight, or maintain weight at a desirable level, should limit their intake of alcoholic beverages to make room for foods with needed nutrients. The table below gives you an idea of how different alcoholic beverages compare in calories. Pay close attention to serving size when comparing items. A serving of beer is 12 fluid ounces—the size of the average bottle or can—while a serving of wine is only 5 fluid ounces—a little more than one-half cup. How big is *your* wine glass?

Drinks	Approximate Calories
Beer	
Regular beer	12 fl. oz. = 150
Light beer	12 fl. oz. = 95
Liquor	(jigger = 1-1/2 fl. oz.)
Gin, rum, vodka, and whiskey (86-proof)	jigger = 105
Vermouth, sweet	jigger = 70
Vermouth, dry	jigger = 55
Wine	
Sweet	5 fl. oz. = 200
Dry table, red	5 fl. oz. = 110
Dry table, white	5 fl. oz. = 115
Cordials and Liqueurs	jigger = 145

If you're making a mixed drink, you have to count the calories in the mixer too:

Carbonated Drinks	Approximate Calories
Fruit-flavored	6 fl. oz. = 90
Root beer	6 fl. oz. = 80
Cola	6 fl. oz. = 80
Ginger ale	6 fl. oz. = 55
Quinine soda	6 fl. oz. = 60
Low-calorie soda (contains artificial sweeteners)	6 fl. oz. = 0-1
Club soda	6 fl. oz. = 0
Fruit and Vegetable Juices (unsweetened)	
Pineapple	6 fl. oz. = 105
Orange	6 fl. oz. = 90
Grapefruit	6 fl. oz. = 75
Tomato	6 fl. oz. = 35

Remember: Fruit and Vegetable Juices Provide You with Vitamins and Minerals in Addition to Calories. Alcohol and Most Carbonated Beverages Provide You with Only Calories.

Calories: Alcohol versus Foods

	Calories per gram
Fat	9
Protein	4
Carbohydrate	4
Alcohol	7

The box shows how the calories provided by alcohol compare to the calories provided by the energy-yielding nutrients in foods—fat, protein, and carbohydrate. You can see that alcohol provides more calories per gram than carbohydrate and protein, but less than fat.

Did You Know...

- Carbohydrates, as well as alcohol, provide calories in beer and wine. When cooking with wine, some of the alcohol (and some of the calories) may evaporate. But the calories provided by carbohydrates and by any alcohol that does not evaporate remain.
- Studies show that many people who drink obtain 10 percent or more of their total calories from alcohol.
- One-half of the traffic deaths that occur on U.S. highways are alcohol related.

Advice for Today:

If you drink alcoholic beverages, do so in moderation and do not drive.

DIABETES

Who Is Most Likely to Get Diabetes?

- ✓ People who are overweight
- ✓ People with a family history of diabetes
- ✓ People who are 40 or older
- ✓ Black Americans
- ✓ Hispanics
- ✓ Native Americans

What Are the Warning Signs of Diabetes?

Insulin-Dependent (Type I)
(Symptoms usually develop rapidly.)

- Frequent urination (including frequent bed-wetting in children who have been toilet trained)
- Excessive thirst
- Excessive hunger
- Sudden weight loss
- Weakness and fatigue
- Irritability
- Nausea and vomiting
- Blurred vision or any change in sight
- Drowsiness

Noninsulin-Dependent (Type II)
(Symptoms usually develop gradually.)

- Any of the insulin-dependent symptoms
- Tingling or numbness in legs, feet, or fingers
- Slow healing of cuts (especially on the feet)
- Frequent skin infections or itchy skin

Meal Planning With Diabetes

Your daily food intake is a very important part of keeping your diabetes under control.

What You Can Do to Control Diabetes:

- Lose weight
- Eat less sugar
- Eat less fat
- Exercise more

Meat Tips—

- Trim off excess fat
- Bake, broil, or boil
- Drain grease from browned hamburger
- Skim fat off canned meat and rinse meat with hot water
- Use water-packed tuna
- Eat less luncheon meats, cheese, hot dogs, and salt pork
- Use low-calorie, no-stick cooking sprays
- Avoid frying in shortening, lard, or oil

Breads, Cereals, & Starchy Vegetables Tips—

- Use unsweetened cereals
- Bake or boil potatoes
- 1/2 cup plain mashed potatoes is one serving
- 1/2 cup corn, peas, and winter squash is one serving

Fruit Tips—

- Eat fresh fruit for dessert
- Rinse syrup off canned fruit that is packed in sweetened juice
- Drink unsweetened real juice (1/2 cup is one serving)
- Do not drink sweetened fruit drinks, punches, or ades

Milk and Dairy Tips—

- Use skim or lowfat (2%) milk for cooking and drinking. One cup is one serving.
- Use lowfat cottage cheese
- Use cheese made from skim milk

VEGETABLES

These vegetables are **low in calories:**

- Carrots
- Green or wax beans
- Broccoli
- Beets
- Cauliflower
- Celery
- Radishes
- Lettuce
- Cucumbers
- Tomatoes
- Cabbage
- Spinach
- Green peppers
- Asparagus
- Brussels sprouts

You may eat 1 to 2 cups with each meal.

FAT

Eat less of the following foods because they are high in calories:

- Fatty meats
- Fried foods
- Butter
- Margarine
- Fry bread
- Cream
- Gravy
- Vegetable oil
- Lard
- Nuts
- Salad dressing
- Mayonnaise
- Bacon
- Sausage

ALCOHOL

Beer, wines, and alcohol are high in calories and should be avoided when losing weight. Too much alcohol can make your blood sugar **go up.**

The following foods are high in sugar and should be avoided:

- Sugar
- Candy
- Honey
- Jam
- Molasses
- Jelly
- Cookies
- Preserves
- Maple syrup
- Sherbet
- Corn syrup
- Regular soft drinks
- Pies
- Sweet rolls
- Gelatin desserts
- Cake
- Whipped cream
- Ice cream

These foods can make your blood sugar **go up.**

Use an artificial sweetener on cereals and fruits and in coffee and tea.

Adapted from brochure developed by: Diabetes Project, IHS Health Center, Fort Totten, N. Dakota, 1988.

EXHIBITS

Exhibits

Nutrition education exhibits help educate your food program participants. They can also help keep the participants up-to-date on current events, help reinforce nutrition education lessons, and may help increase participation in nutrition happenings. Furthermore, by providing educational information in an interesting way, you are likely to see participants studying and copying the ideas and information being presented.

Exhibits provide an opportunity for self-paced, independent learning. In addition, information covered in the exhibit will often generate questions, thus providing an additional opportunity for developing rapport with participants and helping them learn about nutrition.

Exhibits can take many forms—a bulletin board, a three-dimensional display, a poster, a mobile, etc. No matter which form you choose, be sure to organize your exhibit around a theme. Also, make sure each message within the exhibit contributes to a single idea. This way, participants can benefit from reading one message or examining the entire exhibit.

Pictures, notices, recipes, photographs, and/or graphics can be used. If recipes or flyers are included, try to provide enough copies for all interested participants. Also, paper and pencils for note taking may be helpful. For detailed information and helpful tips on how to design and prepare exhibits and/or other visual aids refer to **Section E: Teaching Tips and Techniques**.

When using exhibits with your participants, ask them for feedback. For example, ask what they like about the exhibit, if the messages are clear and are of interest, what other materials would be helpful, etc. Use this feedback to help you plan other exhibit ideas. Keep popular exhibit materials to use again with other groups, and soon you will have a great resource library of exhibits!

Bulletin Boards

A bulletin board or even a large blank wall can be used to display nutrition education materials. Bulletin boards and wall displays not only brighten up an area, they can also turn unused space into an educational experience. If a portable bulletin board is what you desire, smaller versions are available. A small board would be very useful in situations where being mobile is a top priority.

As with all types of exhibits, bulletin boards must be changed on a regular basis, or they lose their effectiveness. Fortunately, bulletin boards or wall displays can easily be changed to focus on new topics. A new bulletin board every month is a good goal. Coordinate the monthly bulletin board idea or theme with other nutrition education messages or activities you are promoting at the time. This tactic will increase interest and reinforce your overall nutrition education efforts.

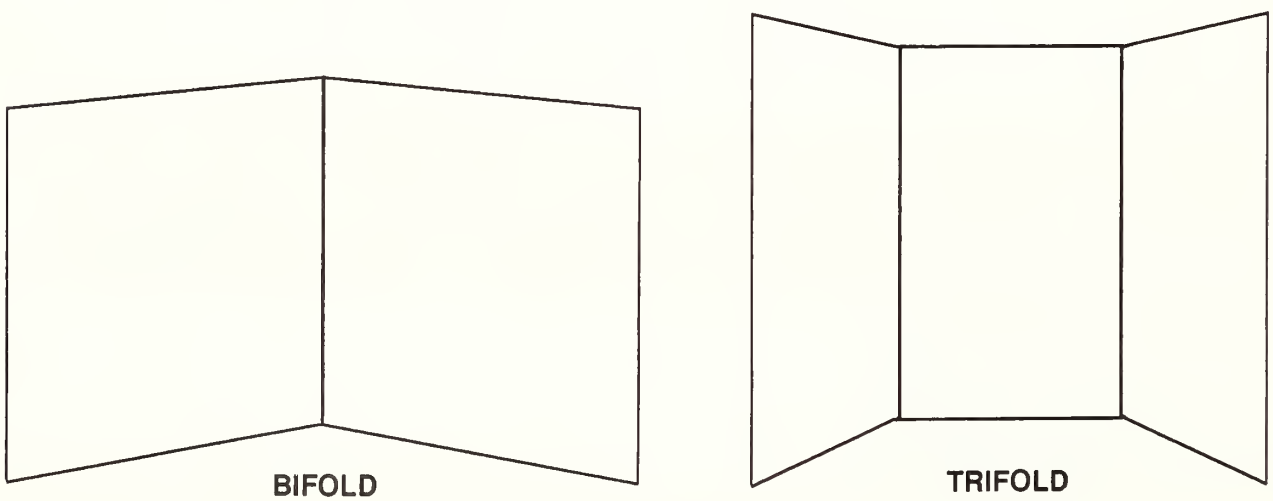
Materials can be attached to bulletin boards with pins or thumbtacks. Tape or white gum stickum can be used to display materials on a wall (check first to see that the tape does not leave marks or remove paint from the wall). Materials used on bulletin boards or wall displays must be lightweight and made of materials that can be hung with tape, pins, or tacks (e.g., cloth, paper, styrofoam, etc.). Bulletin board idea books are available from a variety of sources.

Displays

Displays serve purposes similar to bulletin boards. However, if made of permanent-type materials and stored properly, they can be used again and again. Two common types of display boards are bifold and trifold boards. The boards or backdrops provide ample space for information and are easy to set up and use. Display boards are available from many school and office supply stores.

Another item that can be used for a display backdrop is a heavy cardboard cutting board. These boards are available at most fabric stores. After covering the board with contact paper or butcher-type paper, you can add your nutrition information.

DISPLAYS



Three-Dimensional Displays

Three-dimensional displays can be set up on a table, on a shelf, on a countertop, or in an exhibit case. These displays can use a variety of different materials and usually do not have the restrictions encountered in bulletin boards (e.g., materials do not need to be lightweight or flat).

Three-dimensional displays enable you to use real life products, such as empty food containers. Furthermore, you can transport these displays to different locations since they are portable and easy to set up.

Posters

Posters are a very popular teaching tool. While there are many places to purchase ready-made posters, they are also easy to make. In addition, you can often obtain attractive and educational posters free (or at low cost) from nutrition, medical, and health organizations; food-related associations; and food companies (see **Section I: Resources** for addresses).

If laminating services are available (and affordable), it is a good idea to laminate posters prior to use. This will prolong the life of the posters.

Mobiles

Mobiles are simple, yet effective, teaching aids. They are easy to make or can be purchased. Furthermore, just by "hanging around," mobiles add interest and can reinforce or expand upon your nutrition message.

Section G: Nutrition Education Needs Assessment

KAM Company
TORRANCE CA 90503
POLY-VU
#PV-196

NUTRITION EDUCATION NEEDS ASSESSMENT

A needs assessment is one method used to obtain information for preparing program plans. It can be helpful in evaluating and improving the efficiency and/or effectiveness of day-to-day program operations and in addressing specific issues, such as nutrition education.

Before we know where we are, it is difficult to know where we want to go and how we can best get there. A needs assessment will help plan a course of action. It will help determine priorities. It will provide the data you need to customize your program around the needs and concerns of your community or group.

CONTENTS

Nutrition Education Needs Assessment ..... G 3

In-House Assessment of Current Nutrition Education Efforts ..... G 5

Nutrition Education Survey ..... G 7

Nutrition Education Needs Assessment

The goal of all nutrition services is to promote health by achieving and maintaining optimal nutritional status in every client served. To attain this goal, an ongoing process of assessment, planning, implementation, and evaluation is required.

The first step is to identify the needs—those undesirable conditions in which something required or desired is lacking. Once the needs are identified, specific objectives are developed, and plans to address the identified problems are made.

Activities are then monitored, based on the stated objectives, to evaluate progress toward achievement of the objectives and toward solving the identified problems and needs. This becomes a process that is repeated again and again as new needs arise and changes occur. The ultimate result, however, is always the same—the improved health of the target population.

What is a Needs Assessment?

A needs assessment identifies what needs to be done and for whom. It can be used to establish priorities so that resources and services are targeted toward those individuals or groups whose needs are the greatest and for whom it is most likely that identified problems can be resolved. It can also reduce the possibility of targeting resources to problems that are less likely to change.

In family-centered, community-based programs, a needs assessment helps program planners identify the community's needs and interests. In addition, the assessment helps families to better understand the problems of their own community and the resources available to address those needs. Program personnel provide coordination and technical expertise for the assessment, and families provide direction for planning implementing services based on their expectations and life experiences.

The process of assessing needs can be applied at many levels and in many settings, from the single individual to entire communities. Community needs assessment refers to identifying the problems of an entire population or subgroup whose members have something in common, such as geography, culture, health problems, participation in a particular program, etc.

Whether the community is defined as a whole population, a subgroup, or only those individuals seen in a program, a needs assessment must be consistent with the mission

of the agency and the population it serves. When planning a needs assessment, you must first be familiar with the agency's goals, services, and activities, and then look at the problems of the specific groups or populations served by the agency.

Data on the community's characteristics, general health status, resources, and family interests can then be used to develop a nutrition services program plan that is consistent with other services.

Needs Assessment Components

Needs assessment is one of many tools available to help program planners and other decision-makers do their jobs well. However, it is important to recognize that there are many forms and types of needs assessment—from the very informal and simple to the very formal and complex.

Regardless of how simple or complex your needs assessment may be, the data collected needs to:

- ❑ Describe the needs or problems of the target population.
- ❑ Indicate a desire for solution by the target population.
- ❑ Suggest that solutions to the problems exist.

Included in this section are two very simple nutrition education needs assessment instruments. The first instrument is an in-house program assessment. This tool can be used to evaluate current status plus potential direction and resources from an "inside" perspective.

The second instrument targets program participants. This tool will provide guidance or direction from the clients' perspective. These examples are included *only* to provide direction in developing a questionnaire or assessment tool that meets your program's needs or goals.

In-House Assessment of Current Nutrition Education Efforts

Before completing the following questionnaire, give the matter some serious thought and consideration. Be honest and include feedback from program staff. If more space is needed, use the back or attach additional sheets.

1. **What type of nutrition education efforts are currently taking place in your program?**

2. **What types of nutrition education resources are currently available to your program?** (Include names and telephone numbers of individuals, agencies, programs, etc., that are available to provide nutrition education **plus** what their services include and whom their services target.)

3. **What types of nutrition education activities would you like to provide?** (Be specific.)

4. **How do you think nutrition education can best be conducted in your program?** (Be specific.)

Adapted from an assessment tool developed by: USDA-FNS, MPRO-FDP

Nutrition Education Survey

The _____ Food Distribution Program is interested in providing more information about commodity foods and increasing the amount and kinds of nutrition education currently underway.

We need to know what you think. This survey will help us. Please take a few minutes to fill it out. Thanks for your help!

Part A. Household Information

Names of Household Members	Age	Relationship

Does anyone in your family participate in any of the following programs?
_____ Yes _____ No If yes, which ones?

_____ Child and Adult Care Food Program
_____ Commodity Food Distribution Program
_____ Food Stamp Program
_____ Free or Reduced Price School Lunch and/or Breakfast Programs
_____ Head Start Program
_____ Summer Food Service Program for Children
_____ Special Milk Program
_____ WIC Program

Are you interested in receiving information on any of the above programs?
_____ Yes _____ No

Do you or anyone in your family have any health problems requiring a special diet?
_____ Yes _____ No If yes, please identify.

_____ Diabetes
_____ Heart Disease
_____ High Blood Pressure
_____ Kidney Problems
_____ Lactose Intolerance
_____ Overweight
_____ Other (Please specify.) _____

IMPORTANT NOTE: The _____ Food Distribution Program can provide basic nutrition information. Staff members are not trained to prescribe or interpret medical diets. Should you require more help than the staff is trained to handle, they will help you find the necessary assistance.

Part B: Use of Commodity Foods

Below is a list of commodity foods available at your distribution center. Please indicate your current use of these products.

1. Place a check by the commodities you use now.
2. Circle the commodities you would like to learn more about.
3. Draw a line through the commodities you do not use.

FRUITS	VEGETABLES	GRAINS AND CEREALS	
Applesauce	Carrots	Baking Mix	Flour, Bread
Apricots	Corn, Cream Style	Cereal, Corn	Flour, Whole Wheat
Fruit Cocktail	Corn, Whole Kernel	Cereal, Rice	Macaroni
Peaches	Green Beans	Cereal, Wheat	Rice
Pears	Peas	Cornmeal	Rolled Oats
Pineapple	Potatoes, Dehydrated	Farina	Rolled Wheat
Plums	Potatoes, Sweet	Flour, All-Purpose	Spaghetti
	Potatoes, Whole		
	Spinach	CANNED MEATS	MILK
JUICES	Tomatoes		
	Tomato Sauce	Beef	Cheese
Apple Juice	Vegetarian Beans	Chicken	Evaporated Milk
Grape Juice		Luncheon Meat	Nonfat Dry Milk
Grapefruit Juice		Meatball Stew	
Orange Juice		Pork	
Pineapple Juice	DRY BEANS	Salmon	
Tomato Juice		Tuna	MISCELLANEOUS
	Blackeye Peas		
	Great Northern Beans	PROTEIN FOODS	Butter
DRIED FRUITS	Lentils Beans		Corn Syrup
	Lima Beans	Dry Egg Mix	Honey
Prunes	Pinto Beans	Peanut Butter	Vegetable Oil
Raisins	Split Peas	Roasted Peanuts	Vegetable Shortening

Part C: Below are some statements about **food practices**. Please indicate how often you do each by using a scale from 1 to 5. One indicates that you never do this and five means you always do this. There may be some things you know you should do, but we would rather have you tell us what you actually do. Please circle your answers.

	Never to Always
1. Prepare family meals	1 2 3 4 5
2. Cook meals using foods already at home rather than eating out	1 2 3 4 5
3. Throw away leftover food	1 2 3 4 5
4. Use commodity foods when preparing each meal	1 2 3 4 5
5. Use nonfat dry milk for regular milk in recipes	1 2 3 4 5
6. Use wild game or fish when available	1 2 3 4 5
7. Prepare meats by frying	1 2 3 4 5
8. Reduce the sugar in recipes	1 2 3 4 5
9. Reduce the fat in recipes	1 2 3 4 5
10. Salt your food during preparation and/or at the table	1 2 3 4 5

Part D: This next section will help us determine your knowledge of food, nutrition, and food safety.

1. How many servings from each of the following food groups does an adult need daily?

_____ Grains _____Meats _____Milk _____Vegetables

_____Fruits _____Other Foods

2. Which of the following foods is *not* a source of saturated fat?

a. Margarine b. Fried Chicken c. Vegetable Oil d. Tuna

3. Which of the following foods does *not* contain cholesterol?

a. Peanut Butter b. Butter c. Tuna d. Chicken

4. Which of the following foods contains the *most* soluble fiber?

a. Green Beans b. Fruit Cocktail c. Rice d. Dried Beans

5. Below are four different ways of cooking vegetables. Which way will preserve the most nutrients?

   a. Use a small amount of water and cook for a short time.
   b. Use a small amount of water and cook for a long time.
   c. Use a large amount of water and cook for a short time.
   d. Use a large amount of water and cook for a long time.

6. To preserve the maximum nutrition, rice should:

   a. Be rinsed before cooking to reduce the starch.
   b. Be rinsed after cooking to reduce the starch.
   c. Be cooked in a large amount of water and drained.
   d. Not be rinsed before or after cooking.

7. Which of the following foods are most likely to cause food poisoning?

   a. Cereal, breads, cakes, and cookies
   b. Gelatin, ketchup, mustard, and mayonnaise
   c. Milk, ham, cream pies, and eggs
   d. Tomatoes, cabbage, carrots, and broccoli

8. At what temperature should highly perishable foods be kept?

   a. Below 40°F or above 140°F
   b. Below 50°F or above 150°F
   c. Below 60°F or above 160°F
   d. Below 45°F or above 130°F

9. From this list of ten foods, select the best source of each nutrient listed below.

Beets	Carrots	Popcorn	Cheese	Peanut Butter
Meat Patty	Apple	Bacon	Corn	Cabbage

Vitamin C _____ Vitamin A _____

Calcium _____ Iron _____

10. Which of the following items provides the most calories per gram?

    a. Carbohydrates (sugars and starch)
    b. Proteins
    c. Fats
    d. Alcohol

Part E: Nutrition Education Delivery

1. How do you like to receive nutrition education information?

    _____ Pamphlets and Other Handouts

    _____ Newspaper Articles

    _____ Videos

    _____ Demonstrations

    _____ Individual Counseling

    _____ Other (Please specify.) _____

2. Which do you prefer:

    _____ Group Instruction

    _____ Individual Instruction

3. What nutrition topics are you interested in learning more about?

    _____ Commodity Recipes

    _____ Diabetes

    _____ Dietary Guidelines

    _____ Food Preparation

    _____ Food Storage/Safety

    _____ Other (Please specify.) _____

4. Do you have any suggestions and/or comments regarding nutrition education and the Food Distribution Program that you would like to make?
_____ Yes _____ No If yes, please list.

_____

_____

_____

_____

_____

_____

_____

_____

Adapted from: Wyoming Cooperative Extension Service, EFNEP Survey **and** Sac and Fox Nation FDPIR Needs Assessment Survey

Section H: Recipes

RECIPES

"Recipes, recipes, recipes. We want recipes." FDPIR staff frequently receive requests for recipe ideas utilizing commodity foods. "How can I use _____?" "What can I do with _____?" "Have you got any new ideas for using _____?" Questions such as these are an everyday occurrence.

While there are many recipes available that can be shared with FDPIR participants, locating, testing, and developing a resource file takes time.

This section contains a few recipes to help you get started. But, the real work is up to you. Keep your eyes and ears open and be alert for new and different ways to utilize commodity items. As new recipes are obtained, remember the Dietary Guidelines for Americans. Try to locate recipes that are high in dietary fiber and low in sugar, salt, and fat.

Keep your recipe selections organized. Filing by category may help you locate a recipe when needed. Included in this section are recipe divider pages to help you get started.

Before long your recipe treasure hunt will be well underway, and you will have discovered a wealth of recipes using commodity foods!

CONTENTS

Keys to Successful Cooking and Baking ..... H 3

Successful Cooking and Baking Requires Careful Measuring ..... H 4

Cooking Terms and Definitions ..... H 5

Terms Used to Describe Oven Temperatures ..... H 9

Abbreviations ..... H 9

Common Measures ..... H 10

Home Baking Guidelines to Reduce Sugar, Fat, and Sodium ..... H 11

Create Your Own Commodity Casseroles ..... H 12

Egg Mix How To's ..... H 13

Instant Nonfat Dry Milk How To's ..... H 14

Recipes

Biscuits, Breads, Cereals, Dumplings, Muffins ..... H 15

Fruit Dishes ..... H 19

Vegetable Dishes ..... H 23

Main Dishes ..... H 27

Soups and Stews ..... H 31

Gravies, Sauces, Spreads, Syrups, Toppings ..... H 35

Beverages, Snacks, and Special Occasion Foods ..... H 39

Make Your Own Convenience Foods ..... H 43

Keys to Successful Cooking and Baking

✓ Organize Your Work Area
✓ Follow the Recipe Carefully

1. Read the recipe before you begin.
   Make sure you have all the ingredients and equipment you will need and enough time to prepare the recipe.



2. Clear a work area.



3. Set out all of the ingredients listed in the recipe.
   Set out all of the equipment you will need.
   Prepare the pans you are going to use.
   Preheat the oven if needed.



4. Follow each step of the recipe carefully.



Successful Cooking and Baking Requires Careful Measuring

Measuring Liquids:



- Measure liquids in clear, marked containers.
- Use a liquid measuring cup to measure water, oil, milk, juices, and syrup.
- Check at eye level to make sure the correct amount is measured.

Measuring Dry Ingredients:



- To measure dry ingredients, use a set of measuring cups (1/4, 1/3, 1/2, and 1 cup sizes).
- Use a dry measuring cup to measure flour, sugar, cornmeal, dry milk, dry egg mix, and solid shortening.
- Spoon dry ingredients into a "dry" measuring cup. Level off ingredients with the flat side of a knife or spatula.
- Sift or fluff ingredients like flour with a fork, colander, or strainer before measuring.

Use measuring spoons for measuring liquid or dry ingredients that are less than 1/4 cup.





Cooking Terms And Definitions



Bake - to cook in an oven

Barbecue - to roast or broil a food, frequently brushing it with a highly seasoned sauce

Baste - to spoon liquids, sauce, or meat juice over food to keep it moist during cooking and to add flavor

Beat - to vigorously mix by hand or with mixing equipment to make the mixture light, fluffy, or smooth

Blend - to mix two or more ingredients until smooth

Boil - to cook rapidly in water or liquid so that bubbles rise and break on the surface

Braise - to cook slowly in a covered container with a small amount of liquid or water; a suitable cooking method for less tender cuts of meat

Bread - to coat food with bread crumbs, cracker crumbs, or flour before cooking

Broil - to cook by direct heat from a flame, electric unit, or glowing coals; a suitable method for tender cuts of meat

Brown - to cook food, generally meat, until it is uniformly brown on all sides

Chill - to cool a food with ice water or in the refrigerator

Chop - to cut food into small pieces with a knife or chopper

Combine - to mix two or more ingredients together

Cream - to work foods (such as shortening and sugar) together with a spoon or mixer until soft and fluffy or until thoroughly blended

Cut in - to mix solid fat, such as shortening or butter, into dry ingredients with a pastry blender, a fork or two knives using a cutting motion so that the fat is broken into small particles

Dice - to cut into very small pieces with a knife or chopper

Dissolve - to cause a dry substance to change into a solution in a liquid

Drain - to pour off liquid

Dredge - to coat a food by dipping in crumbs, flour, cornmeal, sugar, or other coatings

Flour - to dust greased pans with flour until well coated on bottom and sides. Shake out extra flour.

Fold - to mix gently, bringing a rubber scraper down through the mixture, across the bottom, up the side, and over the top until the ingredients are blended.

Fry - to cook in fat over heat in a skillet, pan, or griddle, or in a fryer

Garnish - to decorate a food item with pieces of colorful food, such as parsley, pimiento, cherries, lemon, etc.

Glaze - to coat with a mixture to produce a glossy appearance on the food

Grill - to cook uncovered over direct heat on a griddle or pan, removing fat as it accumulates

Grate - to rub against a grater to cut a food, such as carrots or cheese, into small pieces

GRATE



Grease - to spread bottom and sides of a pan with shortening or oil

Grind - to chop or pulverize food, such as meat, into small particles by using a food chopping device or meat grinder

Knead - to work with dough, such as bread dough, by pressing, folding, and stretching to develop the dough structure

KNEAD





Leaven - to cause a food, such as bread, to rise and increase volume by adding a leavening agent, such as yeast or baking powder

Marinate - to soak a food, such as meat or vegetables, for a period of time in a sauce with herbs, spices, and condiments to enrich its flavor and/or tenderize it

Melt - to turn a solid food into a liquid by heating

Mince - to finely chop food, such as garlic, into extremely small pieces

Mix - to blend or combine two or more foods or ingredients

Parboil - to boil in water briefly as a preliminary cooking step. May be used with vegetables and meat

Pare - to thinly trim off the outer covering or skin of a food, such as potatoes

PARE



Peel - to strip off the outer covering of a food, such as oranges

Pit - to remove pits from fruits

Punch down - to remove air bubbles from risen yeast dough by pushing the dough down with the fists

Reconstitute - to bring back a concentrated food, such as a juice concentrate, to the original strength—or a dry food, such as nonfat dry milk, to the original state—by adding liquid

Rehydrate - to add fluids back into a dried food, such as dehydrated potato flakes

Roast - to cook by dry heat, uncovered, in an oven. A suitable cooking method for tender meat roasts

Roll out - to flatten and spread out dough with a rolling pin

Saute - to brown a food, such as onion, quickly in a small amount of fat

Scald - to heat a liquid, such as milk, to a temperature just below the boiling point; tiny bubbles will appear around the edge of the pan

Shred - to cut or tear foods into small, long narrow strips

Sift - to put an ingredient, such as flour, through a sifter or fine sieve

Simmer - to cook in liquid that is kept just below the boiling point

Slice - to cut a food with a knife or slicing equipment



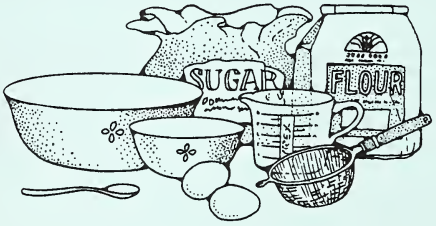
Steam - to cook food in steam generated by boiling water

Stew - to simmer slowly in a small amount of liquid for a long time.

Stir - to mix ingredients with a circular motion without beating

Toss - to mix lightly

Whip - to rapidly beat a food, such as eggs or cream, to add air to the mixture; usually done with a whisk, fork, or mixing equipment



Terms Used to Describe Oven Temperatures

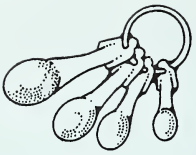
	Between
Very slow oven	250 and 275°F
Slow oven	300 and 325°F
Moderate oven	350 and 375°F
Hot oven	400 and 425°F
Very hot oven	450 and 475°F
Extremely hot oven	500 and 525°F

Always preheat the oven to the temperature specified in the recipe.



Abbreviations

tsp or t	teaspoon
tbsp or T	tablespoon
c or C	cup
oz	ounce
fl oz	fluid ounce
lb or #	pound
gm	gram
mg	milligram
pt	pint
qt	quart
gal	gallon
wt	weight
No	number
pkg	package
°F	degree Fahrenheit
°C	degree Celsius
IU	International Units



Common Measures

3 teaspoons	=	1 tablespoon
4 tablespoons	=	1/4 cup
5 tablespoons + 1 teaspoon	=	1/3 cup
8 tablespoons	=	1/2 cup
10 tablespoons + 2 teaspoons	=	2/3 cup
12 tablespoons	=	3/4 cup
16 tablespoons	=	1 cup
2 cups	=	1 pint
4 cups	=	1 quart
2 quarts	=	1/2 gallon
4 quarts	=	1 gallon
4 ounces	=	1/4 pound
5 1/3 ounces	=	1/3 pound
8 ounces	=	1/2 pound
10 2/3 ounces	=	2/3 pound
12 ounces	=	3/4 pound
16 ounces	=	1 pound



Home Baking Guidelines to Reduce Sugar, Fat, and Sodium

Sugars and fat affect the tenderness and volume of baked products. Sugars also add flavor. Sodium is in salt and most leavening agents (baking powder and soda). While balance of ingredients in a recipe is important, you can often use less sugar, fat, and sodium and still have a good quality product.

Follow the home baking guidelines listed below to revitalize your recipes by using less sugar, fat, and sodium. The next time you get ready to prepare your favorite recipe, check it against these guidelines, make any reductions needed, and evaluate for yourself the quality of the finished product.

Ingredient	Product	Use Per Cup of Flour
Sugar	Cakes	1/2 cup
	Muffins and Quick Breads	1 tablespoon
	Yeast Breads	1 teaspoon
Add a small amount of vanilla, cinnamon, or nutmeg to sweet baked products to enhance flavor when you reduce sugar.		
Fat	Muffins, Quick Breads, and Biscuits	1 to 2 tablespoons
	Yeast Breads like English Muffins and French Bread	None
	Cakes	2 tablespoons
	Drop Cookies	2 tablespoons
Salt	Yeast Breads	1/4 teaspoon
	Other Baked Products	1/2 of recipe amount
Baking Powder	Biscuits, Muffins, or Waffles	1 1/4 teaspoons
	Cakes	1 teaspoon

Create Your Own Commodity Casseroles

Choose One Ingredient From Each Column

Meat/Meat Alternate (1 1/2 to 2 cups)	Liquid (1 cup)	Vegetables (1 1/2 cups)	Cooked Pasta/Rice (1 1/2 to 2 cups)	Toppings (2 to 4 tablespoons)
Canned Beef	Milk	Green Beans	Macaroni	Dry Cereal (crushed)
Luncheon Meat	Tomato Sauce	Carrots	Spaghetti	Cheese (sliced or shredded)
Canned Pork		Corn	Rice	
Canned Poultry		Peas		
Tuna		Spinach		
Cheese		Potatoes		
		Sweet Potatoes		
		Tomatoes		

1. Preheat oven to 350°F.
2. Select one food from each column in the quantity given and combine in a casserole dish.
3. Season to taste.
4. Bake uncovered for 25 minutes or until thoroughly heated.

Makes 4 to 6 servings.

Egg Mix How To's

EGG MIX	+	WATER	=	LARGE EGG(S)
1/4 cup	+	1/4 cup	=	1
1/2 cup	+	1/2 cup	=	2
3/4 cup	+	3/4 cup	=	3
1 cup	+	1 cup	=	4

Helpful Hints:

- Egg mix has salt in it. Take 1/4 teaspoon of salt out of recipe for each egg used.
- To make the egg mix, sprinkle it over warm water in a bowl. Beat with a fork or wire whip until the mixture is smooth.
- Make **only** the amount of egg mix you need for your recipe. Use it immediately. Throw away any egg mix you do not use after mixing it with water or other liquids.
- In most recipes, dry egg mix can be added to the dry ingredients and the water added to the other liquid ingredients.
- Use egg mix in cooked and/or baked foods **only**. Do not use it in uncooked foods.

Instant Nonfat Dry Milk How To's

INSTANT NONFAT DRY MILK	+	WATER	=	FLUID SKIM MILK
2 T. + 2 t.	+	1/2 cup	=	1/2 cup
1/3 cup	+	1 cup	=	1 cup
2/3 cup	+	2 cups	=	2 cups (1 pint)
1 cup	+	3 cups	=	3 cups
1 1/3 cups	+	4 cups	=	4 cups (1 quart)

Helpful Hints:

- In baking, the dry milk can be added to the dry ingredients and the water added to the other liquid ingredients.
- For drinking, the milk should be served well chilled.
- When used for cooking, it should be heated slowly at a low temperature.

BISCUITS
BREADS
CEREALS
DUMPLINGS
MUFFINS

Peanut Butter Bread

1 3/4 cups flour
1 tablespoon baking powder
1 teaspoon salt
1/3 cup sugar
1 cup peanut butter
2 eggs
1 1/4 cups fluid milk

1. Mix flour, baking powder, salt and sugar in a large bowl.
2. Mix in peanut butter with a fork until crumbly. Set aside.
3. Beat eggs slightly. Add milk to eggs.
4. Add milk mixture to flour mixture. Stir just enough to mix.
5. Fill a greased bread pan half full.
6. Bake at 350°F about 1 hour.

Quick Cinnamon Raisin Bread

1 cup whole wheat flour
1 cup white flour
1/3 cup sugar
1/4 teaspoon salt
1 tablespoon baking powder
1 teaspoon cinnamon
1 egg
1 cup milk, made from nonfat dry milk powder
1/3 cup oil
1/2 cup raisins

1. Preheat oven to 350° F.
2. Combine both flours, sugar, salt, baking powder and cinnamon in a large bowl.
3. In a separate bowl, beat egg. Add skim milk and oil. Stir well.
4. Add milk mixture to flour mixture. Stir until just blended. Batter should be a little lumpy.
5. Stir in raisins.
6. Pour into greased and floured bread pan.
7. Bake 35-40 minutes, until done.

Cornmeal Peanut Butter Pancakes
Makes 6 servings

1 cup cornmeal
1 cup all-purpose flour
2 teaspoons baking powder
1/4 cup dry egg mix
1/2 cup non-fat dry milk powder
1-3/4 cups orange juice
2 tablespoons peanut butter

1. Mix all dry ingredients together.
2. Mix orange juice and peanut butter together.
3. Add orange juice and peanut butter mixture to dry ingredients.
4. Stir until the batter is wet and lumpy. (Add more juice if needed.)
5. Drop by spoonfuls onto hot griddle.
6. Cook slowly until the top is covered with bubbles. Turn and cook until the other side is brown.

Honey Corn Bread

1 cup cornmeal
1 cup flour
2 teaspoons baking powder
1/4 teaspoon salt
1/2 cup dry egg mix
1/3 cup instant dry milk powder
1/4 cup honey
2 tablespoons oil
1 1/2 cups water

1. Mix the cornmeal, flour, baking powder, salt, egg mix and dry milk.
2. In separate bowl combine honey, oil and water.
3. Blend the liquid and dry ingredients together. Pour into a greased 8 x 8 inch square pan.
4. Bake at 375°F for 20 to 30 minutes.

FRUIT

DISHES

Honey Baked Apples

1/4 cup honey
1 tablespoon orange juice
1 teaspoon cinnamon
1/4 cup raisins
4 medium apples, cores removed
2 tablespoons margarine

1. Combine honey, orange juice, cinnamon, and raisins.
2. Cut apples into thick slices. Put into a baking dish.
3. Pour the honey mixture evenly over the apples. Dot with margarine.
4. Cover baking dish with lid or foil and bake at 350° for 20-25 minutes.

Serves 4

Apple Raisin Slaw

Makes 6 servings

2 medium-size apples
2 tablespoons lemon juice
1/2 small head cabbage
1 cup raisins
1/4 cup mayonnaise or salad dressing
1/4 teaspoon salt

1. Cut apples into small pieces. Add lemon juice and mix well in a small bowl.
2. Finely chop cabbage. Add to apples.
3. Add raisins, salad dressing and salt.
4. Mix all ingredients together gently.

Toasty Peach Crisp

1/3	cup flour
1/2	teaspoon cinnamon
1/2	cup brown sugar, packed
1	cup uncooked quick-cooking rolled wheat
1/3	cup margarine or butter
5	cups fresh or canned sliced peaches, drained
1/2	cup white sugar (for fresh peaches only)

1. Combine flour, cinnamon, brown sugar, and rolled wheat.
2. Mix in butter with a fork until mixture is crumbly. Set aside.
3. If using fresh peaches, mix peaches with sugar. Put peaches in a greased baking pan.
4. Sprinkle crumb mixture on top.
5. Bake at 375°F (moderate oven) about 30 minutes or until fruit is tender and top is browned.

Makes 6 servings, about 2/3 cup each.

VEGETABLE

DISHES

Bean and Potato Salad

- 1 onion, chopped
- 2 stalks celery, chopped
- 1 tablespoon margarine
- 2 medium potatoes
- 1 can (15 ounces) vegetarian beans
- 1 tablespoon parsley (optional)
- 1 teaspoon mustard
- 2 tablespoons catsup
- 2 tablespoons vinegar
- 1/2 teaspoon pepper
- 1/4 cup water

1. Melt margarine in a large saucepan.
2. Cook onion and celery in margarine until soft, about 10 minutes.
3. Cut potatoes into 1-inch cubes.
4. Add potatoes, beans, parsley, mustard, catsup, vinegar, pepper, and 1/4 cup water to the onion and celery.
5. Cover and cook on low heat for 30 minutes. Stir occasionally.

5-6 servings

Spicy Green Beans

Makes 8 servings

- 1 16-ounce can tomatoes, cut up
- 1 small onion, chopped
- 1 teaspoon basil
- 1 teaspoon oregano
- 1/2 teaspoon garlic powder
- 1 16-ounce can green beans, drained

1. Combine tomatoes, onion, and spices in a sauce pan.
2. Cook over a low heat 8 to 10 minutes, stir several times.
3. Add green beans to tomato mixture. Cook until green beans are heated through.

Serve hot.

Creole Beans
Makes 4 servings

1/2 cup celery, sliced
1/2 cup onion, coarsely chopped
1/2 cup green pepper, coarsely chopped
2 teaspoons margarine or butter
1 (16-ounce) can tomatoes
1/8 teaspoon garlic powder
Dash pepper
1 can vegetarian beans

1. Cook celery, onion and green pepper in margarine until soft - about 5 minutes.
2. Break up large pieces of tomatoes. Add tomatoes and seasonings to cooked vegetables. Bring to a boil.
3. Add beans and return to a boil. Reduce heat, cover and cook gently until flavors are blended and liquid is reduced - about 30 minutes. Stir occasionally to prevent sticking.

Glazed Carrots and Raisins
Makes 6 servings

6 medium carrots, sliced
1/2 cup water
2 tablespoons margarine or butter
2 tablespoons sugar
1/2 cup raisins

1. Put carrots and water in a pot. Cook carrots until tender, about 10 minutes.
2. Add margarine, sugar and raisins.
3. Cook slowly, stirring gently until carrots are hot and most of liquid is gone.

MAIN DISHES

Pasta-N-Pork
Makes 10 servings

1 can pork
1 can green beans
2 1/2 cups macaroni, uncooked
1/2 cup onion, chopped
5 cups water, hot
1 cube beef bouillon
1/2 cup flour
1 2/3 cups milk made from nonfat dry milk powder
1/2 teaspoon pepper

1. Drain pork and green beans. Rinse both with hot running water. Drain well. Set aside.
2. Cook macaroni using directions on package.
3. Add onion to macaroni.
4. Dissolve bouillon cube in hot water.
5. Mix the dry milk and flour into bouillon until smooth.
6. Stir milk mixture into the macaroni.
7. Cook over medium heat until thick, stirring frequently.
8. Add pork, green beans and pepper.
9. Cook until just heated through. Serve hot.

Freeze leftovers or use before 3 days are up.

Seven Layer Casserole
Makes 6 servings

1 cup rice, cooked with no salt
1 cup whole kernel corn
1/2 teaspoon salt
pepper, as you like
2 cups (15-ounce can) tomato sauce
3/4 cup water
1/2 cup onion, chopped
1/2 cup green pepper, chopped
1 cup green beans
3/4 pound ground beef

1. Put rice and corn in bottom of a lightly oiled baking pan. Sprinkle with salt and pepper.
2. Mix tomato sauce and water. Pour half the mixture over rice and corn.
3. Add layers of onion, green pepper, green beans, and beef.
4. Top with the remaining tomato sauce. Cover tightly.
5. Bake at 350°F for 1 hour. Take cover off and cook for 30 minutes longer.

Cheese Puff
Makes 4 servings

8 slices day-old bread
4 slices cheese
1 1/2 cups dry egg mix
1 1/2 cups water
1 cup milk
1/4 teaspoon salt

1. Cover bottom of an 8- or 9-inch baking dish with 4 slices of bread.
2. Top with cheese and the other 4 slices of bread.
3. Mix water with egg mix, then add milk and salt. Pour over sandwiches.
4. Bake at 350°F. for 35 to 40 minutes.
5. Serve hot at any meal.

Vegetable Egg Pie
Makes 6 servings

1 9-inch pie shell
1 cup vegetables, drained and cooked
1/2 cup cheese, shredded
1 1/2 cups dry egg mix
1 1/2 cups water
1 cup milk
2 tablespoons onion
1/2 teaspoon salt
1/2 teaspoon oregano, crushed (optional)

1. Stick bottom and sides of pie shell with a fork. Bake at 450°F until light brown, about 5 minutes.
2. Sprinkle vegetables and cheese into pie shell.
3. Beat egg mix with remaining ingredients until well mixed. Pour over cheese.
4. Bake at 375°F for 30–35 minutes.
5. Let stand 5 minutes before serving.

SOUPS AND STEWS

Minestrone Soup

3/4	cup dry navy beans
2 1/2	cups water
1/2	can beef, rinsed
1/2	cup onion, chopped
1	can tomatoes
3 1/2	cups water
1	teaspoon oregano leaves
1/4	teaspoon garlic powder
1/4	teaspoon pepper
2	bay leaves
1/2	cup macaroni, uncooked
1/2	can corn
1/2	can green beans
1/2	can carrots

1. Bring 2 1/2 cups water to a boil in a large saucepan. Add beans and boil for 2 minutes. Remove from heat, cover, and soak 1 hour or overnight in refrigerator.
2. Cook beef and onion in hot frying pan until beef is warmed. Stir beef mixture into beans.
3. Bring bean mixture to a boil. Reduce heat, cover, and boil gently until beans are tender (about 1 to 1 1/2 hours).
4. Break up large pieces of tomatoes. Add tomatoes and remaining ingredients, *except macaroni*, to bean mixture.
5. Return to a boil. Reduce heat and simmer, uncovered, for 20 minutes.
6. Add macaroni and continue cooking until macaroni is tender, about 10 minutes. Stir several times to prevent sticking.
7. Remove bay leaves and serve.

Makes 12 servings, about 1 cup each.

Chicken Noodle Soup

6	cups water
1/4	cup celery, diced
1/4	cup onion, diced
1/4	cup carrot, shredded
4	oz. uncooked spaghetti (broken into pieces)
3	cubes chicken bouillon
1/4	can chicken, rinsed
1/4	teaspoon black pepper

1. Bring water to a boil.
2. Add onions, celery, carrots, and bouillon.
3. Bring back to a boil and cook for 5 minutes.
4. Add spaghetti and boil until noodles are done (about 15 minutes).
5. Add chicken and pepper for seasoning.
6. Heat thoroughly and serve.

Makes 8 servings, about 1 cup each.

Cream Soup

3 cups water or broth
1 cup nonfat dry milk powder
3 tablespoons flour
1 cup cooked vegetables and/or meat

1. Place liquid in saucepan.
2. Combine nonfat dry milk and flour.
3. Sprinkle over water. Stir until smooth.
4. Cook over low heat, stirring constantly, until mixture thickens.
5. Add cooked vegetables or meat. Heat thoroughly and serve.

Makes 4 servings, 1 cup each.

Variations:

Kind	Amount of Precooked Vegetable or Meat
Cream of Broccoli	1 cup chopped
Potato	1 cup mashed
Pea	1 cup
Mushroom	1 cup sliced
Chicken	1 cup shredded
Spinach	1 cup chopped

GRAVIES
SAUCES
SPREADS
SYRUPS
TOPPINGS

Fruit Topping

1 can applesauce
1 can other fruit, drained and rinsed
1 teaspoon vanilla
4 teaspoons honey, corn syrup, or sugar

1. Combine ingredients and blend with a blender, mixer, egg beater, or potato masher.
2. Serve warm over pancakes, waffles, french toast, or regular toast.

Makes 14 servings, 1/4 cup each.

Raisin Sauce for Meat

Makes 2 cups of sauce

1 1/2 cups raisins
1 cup water
1/3 cup brown sugar
1/4 cup vinegar

1. Put raisins and water in pot. Heat slowly about 10 minutes to plump raisins.
2. Add sugar and vinegar. Boil slowly about 15 minutes until sauce gets thick.

Serve sauce on warm canned meat, canned luncheon meat or ham.

BEVERAGES SNACKS AND SPECIAL OCCASION FOODS

Peanut Butter Snack Mix

1/3	cup peanut butter
2	tablespoons butter
1	teaspoon ground cinnamon
1/4	teaspoon ground ginger
5	cups popped popcorn
2	cups square-shaped cereal (rice, wheat, corn, etc.)
1	cup mini pretzels

1. Combine peanut butter, butter, and spices.
2. Heat over low heat until butter melts. Mix well.
3. In a 9- x 13-inch baking dish, combine popcorn, cereal, and pretzels.
4. Pour peanut butter mixture over popcorn mixture. Toss until well coated.
5. Bake at 350°F for 30 minutes. Stir halfway through cooking time.
6. Cool mixture to room temperature.

Makes 8 cups.

Peanut Butter Power Snack

1	cup nonfat dry milk powder
1/2	cup peanut butter
1/4	cup honey

1. Mix the dry milk, peanut butter, and honey together.
2. Shape into bite-size balls (or any other shape you want).

Makes approximately 20 1-inch balls.

Vanilla Pudding
Makes 4 servings

1/3 cup sugar
1/4 cup flour
1/2 cup dry egg mix
2 1/3 cups milk
2 teaspoons margarine or butter
1 teaspoon vanilla

1. Mix sugar and flour in a pot.
2. Beat egg mix and milk together, then stir into dry ingredients until smooth.
3. Cook and stir over medium heat until thick.
4. Remove from heat. Stir in margarine and vanilla.
5. Cool and serve.

Orange Punch

5 cups cold water
1 cup nonfat dry milk powder
12 oz. can frozen orange juice, partially thawed

1. Place water in a pitcher or jar with lid.
2. Add dry milk and orange juice.
3. Stir or shake well.
4. Chill and serve.

Makes 6 servings, approximately 1 cup each.

Peanut Butter Pudding
Makes 6 servings

2 tablespoons cornstarch
1/4 cup sugar
1/2 teaspoon salt
1/4 cup peanut butter
1 egg
2 cups fluid milk
1 teaspoon vanilla

1. Mix cornstarch, sugar, and salt in a medium pot.
2. Add peanut butter and mix until crumbly.
3. Beat egg with a fork.
4. Put egg and milk in the pot.
5. Cook and stir over medium heat until mixture gets thick. Cook and stir 1 minute longer.
6. Stir in vanilla. Chill before serving.

MAKE YOUR OWN CONVENIENCE FOODS

Making Convenience Food From Commodities

Convenience foods are foods ready to use at the time you need them. Some of the commodity foods can be made into foods almost like store-bought convenience foods. For example, in **Quick & Easy Commodity Recipes** (copy of cookbook included in this section), you will find:

Store-Bought Convenience Foods	Commodity Convenience Foods
Frozen Whipped Topping	Dairy Whipped Topping, recipes 55 and 56
Bisquick Mix	Master Mix, recipe 12
Cream	Evaporated Milk
Bread Crumbs	Plain Ready-To-Eat Cereal (crushed, dry, unsweetened) seasoned with herbs
	Crunchy Toppings, recipe 53
Pancake Syrup	Grape Juice Syrup, recipe 52
Shake 'n' Bake	Crispy Coatings, recipe 54
Ketchup	Catsup, page 93

Instant Oatmeal

3 cups quick rolled oats
salt
8 plastic sandwich bags or ordinary envelopes, approximately 6 1/2 by 4 inches

1. Put 1/2 cup oats in a blender and whirl at high speed until powdery.
2. Empty blender contents into a small bowl, and repeat procedure with an additional 1/2 cup of oats. (Note: If you have a food processor, powder the 1 cup of oats in one step.)
3. Put 3/4 cup unpowdered oats, 2 tablespoons powdered oats, and a dash of salt in each plastic bag or envelope.
4. Seal bags or envelopes. Store packets in an airtight container.

To Serve:

1. Empty packet contents into a bowl.
2. Add 3/4 cup boiling water.
3. Stir and let stand for 2 minutes.

For thicker oatmeal, use less water; for thinner, use more water.

Variations:

Sweetened Oatmeal
To each packet, add 1 tablespoon sugar.

Apple-Cinnamon Oatmeal
To each packet, add 1 tablespoon sugar, 1/4 teaspoon cinnamon, and 2 tablespoons chopped, dried apples.

Cinnamon-Spice Oatmeal
To each packet, add 1 tablespoon sugar, 1/4 teaspoon cinnamon, and a scant 1/8 teaspoon nutmeg.

Oatmeal with Raisins and Brown Sugar
To each packet, add 1 tablespoon packed brown sugar and 1 tablespoon raisins.

Wheat Germ Oatmeal
To each packet, add 2 tablespoons any kind of wheat germ.

Source: Oklahoma State University Cooperative Extension Service.

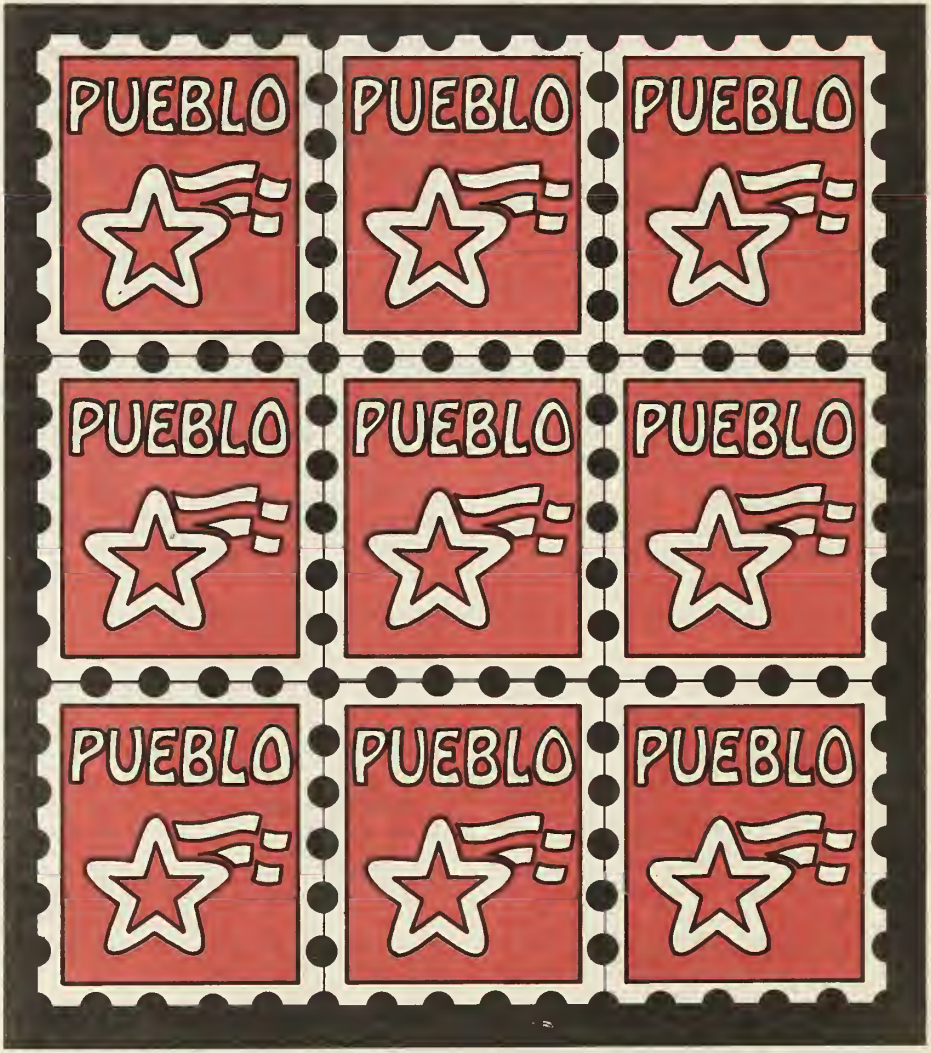
Section I: Resources

POLY-VU
#PV-119E
K&M Company
TORRANCE, CA 90503

Consumer Information Catalog

Winter 1991-92

New **FREE** booklets from Pueblo on **money, children, and more...**



A catalog of free and low-cost federal publications of consumer interest

Consumer Information Center **U.S. General Services Administration**

CONSUMER INFORMATION CATALOG

CONTENTS

Cars 2
Children 3
  Learning Activities
  Parenting
Employment & Education 4
Exercise & Weight Control 4
Federal Programs 4
  Benefits
  Sales
Food & Nutrition 5
Health 6
  Drugs and Health Aids
  Medical Problems
  Mental Health
Housing 8
  Buying & Financing
  Home Improvement & Safety
Money 9
  Credit & Banking
  Investing
Small Business 10
Travel & Hobbies 11
Miscellaneous 12
  Sources of Assistance
Publication Pricing 13
Participating Agencies 13
How to Order 14

Of Interest...

- ► *Gas Mileage Guides ... page 2.*
- ► *Helping Your Child Learn Science ... page 3.*
- ► *A Home of Your Own ... page 8.*
- ► *Your Money Matters ... page 9.*
- ► *Fat Substitutes ... page 5.*

Printed on Recycled Paper
Federal Recycling Program

CARS

Buying a Used Car. All about the required "Buyer's Guide" sticker on any used car sold by a dealer. Learn your rights when buying from an individual. 8 pp. (1989. FTC) **401Y. 50¢.**

Car Rental Guide. How to get the best deal when renting a car. Includes a checklist for renting, a comparison worksheet, and more. 3 pp. (1989. FTC) **402Y. 50¢.**

Cars and Trucks: Partners in Highway Safety. Helpful quiz offers safe driving tips - especially when dealing with trucks and trailers on the highway. 8 pp. (1991. FHWA) **403Y. 50¢.**

Gas Mileage Guides. Use these federal miles per gallon estimates for city and highway driving to compare automotive costs:

Gas Mileage Guide: 1991. 16 pp. (1990. DOE/EPA) **501Y. Free.**

Gas Mileage Guide: 1992. 16 pp. (1991. DOE/EPA) **502Y. Free.**

"Gas-Saving" Products. Lists "gas-saving" products, most of which are judged ineffective by government evaluations. Tells what to do if you have a complaint, and gives practical tips to improve gas mileage. 4 pp. (1990. FTC) **404Y. 50¢.**

How to Choose, Use, and Care for Automobile Sound Systems, Cellular Telephones, CB Radios, and Security Systems. 40 pp. (1991. FCC) **405Y. 50¢.**

New Car Buying Guide. Discusses pricing terms, financing options, and various contracts. Includes a worksheet to help you bargain. 3 pp. (1988. FTC) **406Y. 50¢.**

Nine Ways to Lower Your Auto Insurance Costs. Tips on what to do to lower your expenses. Includes a chart to compare discounts and lists state insurance departments. 6 pp. (1990. OCA) **503Y. Free.**

Recycling Used Oil. Gives easy to follow directions for changing your oil. Explains how and why oil recycling helps the environment and saves energy. 3 pp. (1991. EPA) **504Y. Free.**

What You Should Know About Your Auto Emissions Warranty. If your car fails an emissions test you may be entitled to free repairs. Learn how to make a claim, what parts and repairs are covered, and more. 8 pp. (1988. EPA) **407Y. 50¢.**

CHILDREN

Learning Activities

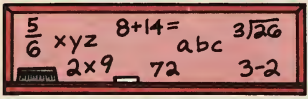
Becoming a Nation of Readers: What Parents Can Do. Activities and techniques for adults to help children of all ages build reading skills. 36 pp. (1988. ED) **408Y. 50¢.**

Help Your Child Become a Good Reader. How to teach children reading fundamentals through suggestions that center around everyday occurrences and items. 5 pp. (1985. ED) **409Y. 50¢.**

Help Your Child Do Better in School. Tips for adults to help children in all grades improve their study skills. 5 pp. (1985. ED) **410Y. 50¢.**

Help Your Child Improve in Test-Taking. Simple techniques to help children at all grade levels avoid "test anxiety" and prepare for teacher-made and standardized tests. 5 pp. (1985. ED) **411Y. 50¢.**

Help Your Child Learn Math. Fun ideas to help young school-age children connect their real-life experiences with the math they need to learn. 7 pp. (1985. ED) **412Y. 50¢.**



Help Your Child Learn to Write Well. Simple strategies for adults to help encourage children who are just learning to express their ideas through writing. 5 pp. (1985. ED) **413Y. 50¢.**

Helping Your Child Learn Geography. Designed to teach children geography in a style that's challenging and fun. 33 pp. (1990. ED) **414Y. 50¢.**

Helping Your Child Learn Science. More than 20 fun and creative activities for 3 - 10 year olds. Lists resources for parents who want more help and information. 58 pp. (1991. ED) **505Y. Free.**

Helping Your Child Use the Library. Tips on getting children of all ages interested in books. 21 pp. (1989. ED) **415Y. 50¢.**

Take Pride in America with Mark Trail. An activities book featuring this famous comic strip character that teaches children how to take care of our wildlife and public lands. 36 pp. (1991. DOI) **416Y. 50¢.**

Parenting

AIDS and the Education of Our Children: A Guide for Parents and Teachers. Addresses issues and questions you may face when talking with children about AIDS. Lists sources for more information. 34 pp. (1988. ED) **506Y. Free.**

Books for Children, #6. Lists the best books recently published for preschool through junior high school age children. 21 pp. (1990. LOC) **101Y. $1.00.**

Feeding Baby: Nature and Nurture. Explains why breast milk is best for babies. Compares milk based and soy based formulas and explores the dangers of confusing soy beverages with soy based formulas. 4 pp. (1990. FDA) **507Y. Free.**

• ***Don't skip over the Food & Nutrition section on page 5.***

Growing Up Drug Free. A guide to show what children should know about drugs, including alcohol and tobacco, at each age level. 55 pp. (1989. ED) **508Y. Free.**

Handbook on Child Support Enforcement. A "how-to" guide for getting the payments which are owed to you and your children. Explains terms in a question and answer format and lists offices for more information. 40 pp. (1989. HHS) **509Y. Free.**

The Importance of Play. Play is a child's way of learning social skills, communication, creativity, and responsibility. Learn how this changes as a child grows and how you can enhance learning. 16 pp. (1981. NIMH) **510Y. Free.**

Learning While Growing. What and how children learn at different stages in their early years, and how parents can help. 14 pp. (1981. NIMH) **511Y. Free.**

Schools Without Drugs. Discusses the effects of various drugs, and signs of use. Includes legal considerations, resources, and alcohol and tobacco abuse information. 94 pp. (1989. ED) **512Y. Free.**

Timeless Classics. Lists nearly 400 books published before 1960 for children of all ages. 4 pp. (1991. NEH) **417Y. 50¢.**

When Parents Divorce. Describes the trauma children often experience as a result of separation and divorce. Gives practical suggestions to parents on how to help their children adjust successfully. 22 pp. (1981. NIMH) **513Y. Free.**

EMPLOYMENT & EDUCATION

Cooperative Education. Explains this work/study program where paid work and college studies alternate. Includes an order form for a free listing of colleges with co-op programs. 32 pp. (1991. ED) **418Y. 50¢.**

Handy Reference Guide to the Fair Labor Standards Act. For employees and employers: explains the federal laws on minimum wage, overtime pay, child labor, and more. 13 pp. (1990. DOL) **419Y. 50¢.**

Health Benefits Under COBRA (Consolidated Omnibus Budget Reconciliation Act). Those who lose their group health coverage because of job loss, reduced work hours, divorce, or death of the insured spouse may be able to buy coverage for themselves and family for a limited time. 18 pp. (1990. DOL) **514Y. Free.**

How to File a Claim for Your Benefits. Most employee welfare and benefit plans have standard procedures for filing and appealing claims. Here's an outline of what to do if your claim or appeal is denied. 2 pp. (1990. DOL) **515Y. Free.**

The Job Outlook for College Graduates to the Year 2000. Describes employment opportunities for college graduates in the current decade. 8 pp. (1990. DOL) **102Y. $1.00.**

The Job Outlook in Brief. Projects job prospects for 250 occupations to the year 2000. 48 pp. (1990. DOL) **103Y. $2.00.**

Matching Yourself with the World of Work. Requirements, prospects, and earnings for 200 occupations. 10 pp. (1986. DOL) **104Y. $1.00.**

Occupational Outlook Quarterly. For job seekers and employment counselors - overviews new occupations, salary and job trends, and more. **Annual Subscription-4 issues.** (DOL) **250Y. $6.50.**

Resumes, Application Forms, Cover Letters, and Interviews. Tips on how to tailor your resume for specific jobs and how to score higher on employment tests. Includes sample interview questions and more. 7 pp. (1987. DOL) **105Y. $1.00.**

Tips for Finding the Right Job ... assessing your skills and interests, preparing a resume, writing cover letters, and interviewing. Lists sources of information and a helpful checklist. 28 pp. (1990. DOL) **106Y. $1.25.**

Tomorrow's Jobs. Discusses changes in population, labor force, and job opportunities. Provides information on careers, training, financial aid, and more. 10 pp. (1991. DOL) **107Y. $1.25.**

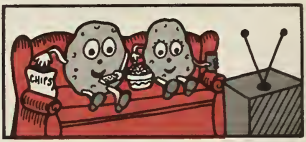
What You Should Know About the Pension Law. An explanation of your rights under the current law including benefits, payment schedules, and protections. 60 pp. (1988. DOL) **420Y. 50¢.**

- ***Look into the Money section on page 9 for help on managing, investing, and protecting your paycheck.***

EXCERCISE & WEIGHT CONTROL

Anabolic Steroids: Losing at Winning. Discusses the dangerous side effects of these popular muscle-building drugs. 5 pp. (1988. FDA) **516Y. Free.**

Calories and Weight. Calorie tables for hundreds of popular foods and beverages. 114 pp. (1990. USDA) **108Y. $1.75.**



Getting Fit Your Way. A 12-week program to help you make exercise a lifelong habit with an emphasis on strengthening your heart, quitting smoking, and losing weight. 47 pp. (1989. DOD) **109Y. $3.25.**

Modified Fast: A Sometime Solution to a Weighty Problem. Discusses risks and results of low-calorie diets (usually liquid or powder), and the importance of long-term changes in eating habits. 5 pp. (1991. FDA) **517Y. Free.**

FEDERAL PROGRAMS

Benefits

Federal Benefits for Veterans and Dependents. Discusses medical, educational, loan, insurance, compensation, pension, and other programs of the VA and other agencies. 96 pp. (1991. VA) **110Y. $2.50.**

Guide to Health Insurance for People with Medicare. How to fill in gaps in Medicare coverage and avoid paying for duplicate benefits. 24 pp. (1991. HCFA) **518Y. Free.**

Medicare Coverage of Kidney Dialysis and Kidney Transplant Services. Details the special rules that apply to this type of treatment. 10 pp. (1991. HCFA) **519Y. Free.**

Medicare and Employer Health Plans. Describes the benefits available under Medicare and through employer health plans; which plan pays for what first, and how to avoid gaps or duplicate coverage. 7 pp. (1991. HCFA) **520Y. Free.**

Request for Earnings and Benefit Estimate Statement. A form to complete and return to Social Security to get your earnings history and an estimate of future benefits. 3 pp. (1989. SSA) **521Y. Free.**

The Student Guide: Financial Aid. Describes federal grants, loans, and work/study programs for college, vocational and technical school students. 50 pp. (1991/92. ED) **522Y. Free.**

Understanding Social Security. An easy to understand overview of the Social Security system. Explains retirement, disability, and survivor's benefits; Medicare coverage; and Supplemental Security Income. 41 pp. (1991. SSA) **523Y. Free.**

Sales

Are There Any Public Lands for Sale? Describes the federal program to sell excess undeveloped public land and why there are no more lands available for homesteading. 16 pp. (1989. DOI) **111Y. $1.00.**

The Federal Onshore Oil and Gas Leasing System. Describes competitive and noncompetitive leasing programs for public lands that may hold oil or gas. 7 pp. (1991. DOI) **524Y. Free.**

How to Buy Surplus Personal Property from the Department of Defense. Lists items for sale - from hand tools to motor vehicles - and how to get details. 52 pp. (1989. DOD) **112Y. $1.50.**

U.S. Real Property Sales List. Lists properties of the government for sale at market value sold by auction or sealed bid. Includes where to call for more information on specific properties. 16 pp. (Revised quarterly. GSA) **525Y. Free.**

FOOD & NUTRITION

Diet, Nutrition and Cancer Prevention: The Good News. Help in selecting, preparing, and serving healthier meals. Lists high-fiber and low-fat foods. 15 pp. (1986. NIH) **526Y. Free.**

Dietary Guidelines for Americans. Seven dietary guidelines to help you stay healthy based on recent nutrition research. Charts suggested body weights, calories used in various exercises, and a guide for selecting healthy food every day. 28 pp. (1990. USDA/HHS) **527Y. Free.**

Eating for Life. Making healthy food choices may reduce your risk of developing cancer and heart diseases. Offers tips on selecting foods that can help you. 23 pp. (1988. NIH) **113Y. $1.00.**

Eating to Lower Your High Blood Cholesterol. Menus, guidelines, cooking tips, and comparison charts to help teach you how to eat healthily. 53 pp. (1987. NIH) **114Y. $2.00.**

Fat Substitutes. What they are; how the different types are made; and how they can help you cut fat, cholesterol and calories. 3 pp. (1990. FDA) **528Y. Free.**

Fish and Seafood Made Easy. Tips on selecting, storing, and preparing fish and shellfish. Includes recipes, suggested spices and sauces, and a taste and texture comparison chart. 29 pp. (1989. DOC) **421Y. 50¢.**

Food Irradiation - Toxic to Bacteria, Safe for Humans. Irradiation kills harmful organisms so they cannot survive or multiply in your food. Learn how this safe and effective process works and why it is especially useful in certain foods. 4 pp. (1991. FDA) **529Y. Free.**

Food News for Consumers. Discusses food safety, health and nutrition, and recent findings on various food concerns. **Annual Subscription-4 issues.** (USDA) **251Y. $5.00.**

The Grazing of America: A Guide to Healthy Snacking. "Grazing" is becoming the American way of eating. Learn how to choose the best snacks for your age and lifestyle. 6 pp. (1989. FDA) **530Y. Free.**

Is that Newfangled Cookware Safe? Discusses advantages and safety concerns of seven popular types of cookware from aluminum to nonstick coatings to cast iron. 4 pp. (1991. FDA) **531Y. Free.**

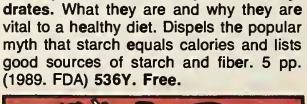
Keeping Up with the Microwave Revolution. Examines FDA research on food packaging designed for use in microwave ovens. Also explains how microwaves work and gives cooking tips. 5 pp. (1990. FDA) **532Y. Free.**

Nutrition and the Elderly. Poor nutrition causes serious medical problems for many older Americans. Practical suggestions to improve eating habits and a few simple recipes. 4 pp. (1990. FDA) **533Y. Free.**

Preventing Food-Borne Illness. Discusses symptoms, prevention tips, and safe storage. Also charts common disease-causing organisms and where they come from. 7 pp. (1991. FDA) **534Y. Free.**

Quick Consumer Guide to Safe Food Handling. Reduce the risk of food poisoning when shopping for, preparing, serving and reheating food by learning how long some foods can be safely frozen or refrigerated. 8 pp. (1990. USDA) **535Y. Free.**

A Simple Guide to Complex Carbohydrates. What they are and why they are vital to a healthy diet. Dispels the popular myth that starch equals calories and lists good sources of starch and fiber. 5 pp. (1989. FDA) **536Y. Free.**



Thrifty Meals for Two. Developed especially for the older couple on a limited budget. A guide on how to shop for and prepare hearty, nutritious and economical meals. Includes menus and recipes. 69 pp. (1985. USDA) **115Y. $2.50.**

Weighing Food Safety Risks. How to judge the risks of consuming chemicals like aflatoxins and pesticides such as alar in apples. 4 pp. (1989. FDA) **537Y. Free.**

A Word About Low Sodium Diets. Tips on how to reduce your sodium intake. Gives recipes with salt substitutes. 5 pp. (1986. FDA) **538Y. Free.**

HEALTH

Contact Lenses: The Better the Care the Safer the Wear. Discusses the risks of infection, and has a step-by-step chart for proper care of hard, gas-permeable and extended-wear soft lenses. 3 pp. (1991. FDA) **539Y. Free.**

The Controversial Pap Test...is still the most effective means of detecting cervical cancer. Explains this procedure with questions to ask to help ensure reliable testing. 3 pp. (1989. FDA) **540Y. Free.**

Facing Forward: A Guide for Cancer Survivors. Advice on coping with the psychological, physical and financial effects of this illness. Practical information on health care (both emotional and physical), insurance coverage, job concerns, and more. 45 pp. (1990. NIH) **541Y. Free.**

FDA Consumer. Articles based on recent developments in the regulation of foods, drugs and cosmetics by the Food and Drug Administration. **Annual Subscription-10 issues.** (FDA) **252Y. $12.00.**

Good News for Blacks About Cancer. Blacks have a higher than average risk of getting certain cancers. Learn preventative actions to minimize your risk. 9 pp. (1987. NIH) **542Y. Free.**

Smart Advice for Women 40 and Over: Have a Mammogram. A mammogram is an x-ray of the breast designed to find cancer in its earliest stages. Learn how often, and why you should have one. 4 pp. (1990. NIH). **543Y. Free.**

Who Donates Better Blood for You Than You? Discusses the advantages of donating blood to yourself before undergoing surgery. 3 pp. (1991. FDA) **544Y. Free.**

Why Do You Smoke? This quiz helps you understand your smoking motives, and gives practical suggestions to help kick the habit. 5 pp. (1990. NIH) **545Y. Free.**

Why Women Don't Get Mammograms (And Why They Should). Discusses safety and comfort concerns about breast x-rays and gives instructions for supplementary self-examination. 3 pp. (1987. FDA) **546Y. Free.**

Drugs & Health Aids

Antihistamines: How to Take Your Medicine. Discusses the side effects and risks, as well as when and how to take antihistamines so they will work as effectively as possible. 8 pp. (1990. FDA) **547Y. Free.**

Condoms and Sexually Transmitted Diseases...Especially AIDS. Advice on getting the most protection; when to use condoms to prevent disease; and what you should know about quality, spermicides, packaging dates, storage, defects and more. 15 pp. (1990. FDA) **548Y. Free.**

Estrogens - How to Take Your Medicine. This drug is used to treat various symptoms of menopause, osteoporosis, and more. Discusses possible side effects, risks, and what to consider before taking this medicine. 3 pp. (1991. FDA) **549Y. Free.**

Nonsteroidal Anti-Inflammatory Drugs. How to use these drugs safely and effectively to treat arthritis, menstrual cramps, and general muscle pain. 3 pp. (1990. FDA) **550Y. Free.**

Medical Problems

Acne: Taming that Age-Old Adolescent Affliction. Discusses the myths, causes, and most effective treatment for both mild and severe acne. 4 pp. (1991. FDA) **551Y. Free.**

AIDS. How AIDS is spread, prevention tips, and what to do if you think you've been infected. 2 pp. (1988. FDA) **552Y. Free.**

• ***Check related booklets in the Parenting, and Drugs & Health Aids sections on pages 3 and 6.***

Allergies. Explains the various causes and treatments for allergic reactions from hay fever to asthma to life threatening anaphylactic shock. 7 pp. (1990. FDA) **553Y. Free.**

Breast Lumps: Questions and Answers. Straightforward discussion of benign and cancerous growths. Questions to ask your doctor, where to go for more information, and a self-examination guide. 23 pp. (1988. NIH) **554Y. Free.**

Chew Or Snuff is Real Bad Stuff. Poster/booklet for teenagers describing the dangers of smokeless tobacco including cancer, gum disease, stained teeth, and more. (1988. NIH) **555Y. Free.**

Chronic Fatigue Syndrome. This debilitating disorder is difficult to diagnose. Learn the physical and psychological symptoms and what treatments are being studied. 15 pp. (1990. NIH) **422Y. 50¢.**

Contact Dermatitis: Solutions to Rash Mysteries. Explains the differences between allergic and irritant skin rashes. Here is help in finding the cause treating the condition and avoiding future problems. 4 pp. (1990. FDA) **556Y. Free.**

Dizziness. Explains various causes, tests, and treatments for those suffering from dizzy spells. 27 pp. (1986. NIH) **116Y. $1.00.**

Getting a Second Opinion. Answers questions you might have and includes a toll-free number for locating specialists. 5 pp. (1989. HCFA) **557Y. Free.**

Headaches. Information on possible causes and treatments of headaches, including migraines. 36 pp. (1984. NIH) **117Y. $2.00.**

The Menopause Time of Life. Learn what happens to your body during and after menopause, and when estrogen and other treatments are needed. 24 pp. (1986. NIH) **118Y. $1.00.**

More Than Snuffles: Childhood Asthma. Examines causes, symptoms, and treatments of this common chronic disease. 4 pp. (1991. FDA) **558Y. Free.**

So You Have High Blood Cholesterol. Practical guidelines for lowering your blood cholesterol through diet, medication, and exercise. 28 pp. (1987. NIH) **119Y. $1.00.**

Toxic Shock Syndrome. This rare, but serious disease can infect anyone - not just menstruating women. Covers symptoms, treatment and how to reduce your risk. 3 pp. (1990. FDA) **559Y. Free.**

Ulcers: Screaming or Silent, Watch Them with Care. Reexamines the traditional causes of peptic ulcers, such as diet and stress. Also discusses current treatments and the possibly dangerous effects of nonsteroidal anti-inflammatory drugs. 5 pp. (1991. FDA) **560Y. Free.**

Useful Information on Alzheimer's Disease. This disease is not a normal part of aging, but a group of diseases that lead to loss of mental and physical functions. Discusses how it is diagnosed, possible causes, and current treatments. Lists references and sources of help. 25 pp. (1990. NIMH) **561Y. Free.**

Mental Health

A Consumer's Guide to Mental Health Services. Answers commonly asked questions, helps identify warning signals, discusses various treatments, and lists resources for help and information. 28 pp. (1987. NIMH) **562Y. Free.**

Plain Talk About Depression. Nine million people suffer from depressive illness during any six month period. Learn its symptoms and causes; how it's diagnosed and treated; and how to help. 4 pp. (1989. NIMH) **563Y. Free.**

Plain Talk About Mutual Help Groups. Gain strength through sharing with others who have similar problems: an overview of the many support groups available. 6 pp. (1989. NIMH) **564Y. Free.**

Plain Talk About the Stigma of Mental Illness. Clear, straightforward information about mental illness in order to counter public misperceptions and myths. 4 pp. (1986. NIMH) **565Y. Free.**

Plain Talk About Stress. How to effectively deal with stress. 2 pp. (1987. NIMH) **566Y. Free.**

• ***Don't overlook "Ulcers: Screaming or Silent..." on page 7.***

Plain Talk About Wife Abuse. The causes, emotional and physical consequences, and sources of help for an abused wife. 3 pp. (1983. NIMH) **567Y. Free.**

Schizophrenia: Questions and Answers. Discusses causes, treatments, how to help, and recovery. 25 pp. (1986. NIMH) **568Y. Free.**

What to Do When a Friend is Depressed. Increases sensitivity to this often misunderstood condition. Identifies common myths, warning signals, and suggests ways to help. 6 pp. (1989. NIMH) **569Y. Free.**

HOUSING

Buying & Financing

Consumer Handbook on Adjustable Rate Mortgages. Basic features, advantages, risks, and terminology associated with adjustable rate mortgages. 25 pp. (1984. FRB/OTS) **423Y. 50¢.**

A Consumer's Guide to Mortgage Lock-Ins. How you can lock-in interest rates and points when applying for a mortgage. 14 pp. (1988. FRB) **424Y. 50¢.**

A Consumer's Guide to Mortgage Refinancing. What the costs are and how to tell if the time is right to refinance your home. 8 pp. (1988. FRB) **425Y. 50¢.**

Guide to Single Family Home Mortgage Insurance. This insurance protects lenders against losses on mortgages so they can offer you terms you might not have otherwise. Learn about these options and your responsibilities. 28 pp. (1989. HUD) **120Y. $1.00.**

Home Buyer's Vocabulary. Defines common words and terms used in the real estate world. Especially useful for the first time buyer. 14 pp. (1987. HUD) **121Y. $1.00.**

Home Mortgages: Understanding the Process and Your Rights. Describes your responsibilities and legal protections regarding the application and credit evaluation stages. 4 pp. (1990. FRB) **426Y. 50¢.**

A Home of Your Own. Helpful advice on choosing and buying a home. Answers your questions about how to buy FHA insured homes that have been foreclosed on and reverted to HUD ownership. 30 pp. (1990. HUD) **570Y. Free.**



How to Buy a Manufactured (Mobile) Home. Helpful considerations on selection, placement, transportation warranties, installation, and inspection. 23 pp. (1986. FTC) **427Y. 50¢.**

The Mortgage Money Guide. Handy guide to different types of mortgages and loan financing options. Includes a table of monthly mortgage costs at various rates. 16 pp. (1986. FTC) **122Y. $1.00.**

When Your Home is On the Line. Your home serves as collateral for a home equity loan. Here are questions, features, terms, a checklist, and more - all to help you find the best deal. 16 pp. (1989. FRB) **428Y. 50¢.**

Wise Home Buying. Here's help in finding the right house: when to use a broker, inspection, and shopping for a mortgage. 24 pp. (1987. HUD) **123Y. $1.00.**

Home Improvements & Safety

Asbestos in the Home. Discusses what asbestos is and the dangers it presents; how to tell if it's in your home and what to do about it. 13 pp. (1989. CPSC/EPA) **124Y. $1.00.**

Buying a Home Water Treatment Unit. Discusses various units on the market and how to protect yourself from deceptive sales practices. 4 pp. (1989. FTC) **429Y. 50¢.**

Citizen's Guide to Pesticides. Tips for controlling pests in the home and garden. How to measure and mix chemicals safely, and how to choose an exterminator. 18 pp. (1989. EPA) **430Y. 50¢.**

Guide to Home Wiring Hazards. A simple guide to help locate dangers lurking in your home's electrical system and appliances. Prevent problems before they cause fire or electrical shock. 39 pp. (1990. CPSC) **431Y. 50¢.**

Homebuyer's Guide to Environmental Hazards. Radon, asbestos, lead, hazardous waste, contaminated ground water, and formaldehyde are dangerous. Learn your risks, what to do, and where to get help. 41 pp. (1990. EPA) **432Y. 50¢.**

The Inside Story: A Guide to Indoor Air Quality. Alerts you to the ways air pollutants (gases, chemicals, bacteria, animals, and more) may affect you and your family's health, and what to do about it. 32 pp. (1988. EPA/CPSC) **433Y. 50¢.**

Pesticides in Drinking-Water Wells. Practical advice on how to test the water from your private or community well and what to do if you find the water is unsafe. 13 pp. (1989. EPA) **434Y. 50¢.**

Simple Home Repairs Inside. Step by step directions with pictures on how to repair or replace doors, faucets, plugs, windows, screens, tiles, and more. 24 pp. (1986. USDA) **125Y. $1.50.**

• ***Turn repair work into fun science projects - see the new free booklet "Helping Your Child Learn Science" on page 3 for more ideas.***

Stripping Paint from Wood. Here's how to remove old finishes - learn what materials you'll need to get started, tips on how to use paint remover safely, and more. 12 pp. (1989. CPSC) **571Y. Free.**

Tips for Energy Savers. Practical, detailed directions for conserving energy in your transportation, home heating, cooling, lighting, cooking, and running appliances. Also estimates how much energy or money you can save. 30 pp (1991. DOE) **572Y. Free.**

What You Should Know About Lead-Based Paint in Your Home. Lead poisoning is hazardous to you and your family's health. Learn how to detect lead in paint, what to do to reduce exposure, and safety guidelines for removing lead-based paint. 4 pp. (1990. CPSC) **435Y. 50¢.**

MONEY

A Consumer's Guide to Life Insurance. Life insurance is to provide future financial security for your family. Here's a guide to different types of policies, costs, and coverage. Includes a glossary. 21 pp. (1986. USDA) **436Y. 50¢.**

Managing Money Throughout Life. Four booklets covering financial matters from your first bank account through retirement:

Getting Started: Establishing Your Financial Identity. Tips on opening bank accounts, establishing credit, and choosing health and life insurance. 7 pp. (1988. USDA) **437Y. 50¢.**

Settling Down. Basic financial advice for the two-income family just starting out on how to manage money and plan for the future. 7 pp. (1988. USDA) **438Y. 50¢.**

Keeping Pace. How to prepare financially for the unexpected crisis in a two-income household. 7 pp. (1989. USDA) **439Y. 50¢.**

Staying Independent: Planning for Financial Independence in Later Life. This simple and straightforward guide can help you evaluate your present financial status and determine if changes are necessary to prepare for retirement. 12 pp. (1990. USDA) **440Y. 50¢.**

Managing Your Personal Finances. Useful guide presented in three parts:

The Principles of Managing Your Finances (Part 1). How to assess your current status, set goals, develop a budget, carry it out, and make adjustments. 43 pp. (1987. USDA) **126Y. $3.25.**

Financial Tools Used in Money Management (Part 2). How to use savings, investments, insurance, and credit to best achieve your financial goals. 22 pp. (1987. USDA) **127Y. $1.50.**

Coping With Change (Part 3). Worksheets and guidelines for responding to changes like retirement, inflation, unemployment, etc. 25 pp. (1987. USDA) **128Y. $1.75.**

Your Money Matters. The U.S. dollar bill is the most counterfeited currency in the world. Learn how to detect counterfeit bills and what special printing features have been added for your protection. 10 pp. (1990. TREA) **573Y. Free.**

Credit & Banking

Consumer Credit Handbook. How to apply for credit and what to do if it's denied, as well as how to correct mistakes on your credit report. 46 pp. (1986. FRB) **441Y. 50¢.**

Direct Deposit: A Consumer's Guide. Explains the benefits of direct deposit and how the law protects you if an error occurs. 4 pp. (1989. FRB-Dallas) **442Y. 50¢.**

Fair Credit Reporting Act. How to check the data in your credit report and what to do if it's incorrect. Spanish version included. 7 pp. (1987. FDIC) **443Y. 50¢.**

Financial Institutions: Consumer Rights. Covers 19 federal laws on banking, credit, and home buying. Lists regulatory agencies to contact with complaints. 12 pp. (1990. FFIEC) **444Y. 50¢.**

How to be Credit Smart. Learn how to obtain, use, and benefit from credit - understand the process, guidelines for responsible credit use, and outlines what to do if debt problems occur. 10 pp. (1991. USDA) **445Y. 50¢.**

Investing

Building Your Future with Annuities: A Consumer's Guide. An annuity is tax deferred, set aside money, for your future use - typically at retirement. Discusses various types, features, costs, what to look for, answers common questions and more. 10 pp. (1991. USDA) **574Y. Free.**

Facts About Financial Planners. Discusses what financial planners can and can't do, how to evaluate credentials, what to expect regarding costs, and more. 13 pp. (1990. FTC) **446Y. 50¢.**

Information About Marketable Treasury Securities. Learn about bills, notes, and bonds sold at original issue through your local Federal Reserve Bank or Bureau of the Public Debt. 16 pp. (1990. TREA) **575Y. Free.**

Investment Swindles: How They Work and How To Avoid Them. How to protect yourself against illegal, legitimate-sounding telemarketing and direct mail offers. 20 pp. (1987. CFTC) **576Y. Free.**

Investors' Bill of Rights. Tips to help you make an informed decision on investment purchases. 7 pp. (1987. CFTC/USPS) **577Y. Free.**

Money Matters. Tips for selecting the best financial planner, tax preparer, real estate broker, or lawyer. How to get the help you want at the price you've agreed on. 13 pp. (1986. FTC) **447Y. 50¢.**

The Savings Bonds Question and Answer Book. Detailed information on Savings Bonds purchase, interest, maturity, replacement, redemption, exchange, and taxes. 12 pp. (1991. TREA) **448Y. 50¢.**

U.S. Savings Bonds: Now Tax-Free for Education. Here are questions and answers which highlight the new educational benefit of Series EE Savings Bonds. 7 pp. (1991. TREA) **449Y. 50¢.**

Understanding Opportunities and Risks in Futures Trading. Explains the commodities market, the risks involved, and regulations governing it. 46 pp. (1986. CFTC) **450Y. 50¢.**

SMALL BUSINESS

Basic Facts About Trademarks. An introduction defining trademarks and their functions. Includes an application form with instructions. 15 pp. (1991. DOC) **129Y. $1.25.**

Financial Management: How to Make a Go of Your Business. Eight out of ten new businesses fail because of poor financial planning. Here's an overview of financial and management essentials for a better chance at success. 77 pp. (1988. SBA) **130Y. $2.50.**

General Information Concerning Patents. Learn what can be patented, how to apply, costs, and more on patent law and procedures. Includes application. 48 pp. (1990. DOC) **131Y. $2.00.**

Guide to Business Credit for Women, Minorities, and Small Businesses. Explains the preparation and application process of obtaining commercial credit and how to improve your chances of getting what you need. 13 pp. (1990. FRB) **451Y. 50¢.**

Reporting and Disclosure Guide for Employee Benefits Plans. Useful for a small business considering employee pension and welfare plans. Charts various federal reporting forms and gives filing dates. 1 pp. (1990. DOL) **578Y. Free.**

The Small Business Directory. Lists booklets and videotapes available for sale on starting and managing a successful small business. 4 pp. (1990. SBA) **579Y. Free.**

Starting and Managing a Business from Your Home. Help with assessing your skills, experience, and goals; evaluating your product and market; financial planning, zoning, insurance, and more. 52 pp. (1988. SBA) **132Y. $1.75.**

Veteran's Handbook. Highlights SBA's programs for veterans interested in starting, financing, and managing a small business. 5 pp. (1988. SBA) **452Y. 50¢.**

TRAVEL & HOBBIES

Access Travel: Airports. Lists design features, facilities, and services at 553 airport terminals worldwide for persons with disabilities and elderly people. Provides tips for easier travel. 43 pp. (1991. OCA) **580Y. Free.**

Americans Abroad. Discusses many aspects of international travel: visa and passport requirements, safety and health concerns and traveling overseas with children. 10 pp. (1990. DOS) **453Y. 50¢.**

Attract Birds. How to use food, water, shelter, and landscaping to bring birds to your yard. 16 pp. (1991. DOI) **581Y. Free.**

Backyard Bird Feeding. How to attract different species with the right food and type of feeder. Advice on placement and cleaning. 24 pp. (1989. DOI) **582Y. Free.**

The Duck Stamp Story. Learn how to help preserve wetlands and wildlife refuges by becoming a collector of these unique stamps. 7 pp. (1990. DOI) **583Y. Free.**

Family Folklore. Learn how to preserve your history by recording family stories and traditions. 7 pp. (1986. SI) **133Y. $1.00.**

Fly Rights. Practical advice for airline travelers on how to get the best fares and what to do when faced with lost tickets, baggage, and canceled or overbooked flights. 32 pp. (1985. DOT) **134Y. $1.00.**

Foreign Entry Requirements. Lists the addresses of embassies and consulates in over 200 countries where visas may be obtained, along with any special requirements. 16 pp. (1991. DOS) **454Y. 50¢.**

Growing Vegetables in the Home Garden. Teaches how to plan, plant, and care for more than 50 kinds of vegetables. 47 pp. (1986. USDA) **135Y. $2.25.**

A Guide to Your National Forests. A map showing each National Forest and information offices to help you plan your visit. (1989. USDA) **136Y. $1.00.**

Homes for Birds. How to choose the right house to attract the species you want. Describes the characteristics of various birds, nesting behaviors, and how to protect the houses against predators. 32 pp. (1990. DOI) **584Y. Free.**

Lesser Known Areas of the National Park System. Listing by state of more than 170 national parks, their accommodations, locations, and historical significance. 48 pp. (1989. DOI) **137Y. $1.50.**

A Look at the Planets. Full-color photos and descriptions of the planets in the solar system. Includes data on space explorations. 8 pp. (1985. NASA) **138Y. $1.00.**

National Park System Map and Guide. Fold-out map with lists of activities at over 300 parks, monuments, and historic sites. (1991. DOI) **139Y. $1.25.**

The National Wildlife Refuges. Fold-out map listing the facilities and best viewing seasons at over 300 wildlife refuges nationwide. (1991. DOI) **140Y. $1.00.**

Recreation Guide to Bureau of Land Management Public Lands. A map showing the "wide open spaces" of the western U.S. from Arizona to Alaska. Lists local offices for more information. (1989. DOI) **141Y. $1.50.**

A Safe Trip Abroad. How to take precautions against robbery, terrorism, or other dangers. What to do if you find yourself in trouble. 16 pp. (1990. DOS) **142Y. $1.00.**



Stars in Your Eyes: A Guide to the Northern Skies. Helpful hints on how to find the seven best known constellations and an explanation on how they were named. 23 pp. (1988. DOD) **143Y. $1.50.**

Tips for Travelers to Mexico. Over 13 million U.S. citizens visit Mexico each year. Learn the entry and exit requirements, customs and currency regulations, and more. 16 pp. (1988. DOS) **144Y. $1.00.**

Your Trip Abroad. Tips on international travel, including information on passports, customs, visas, shots, and insurance. 38 pp. (1988. DOS) **145Y. $1.00.**

MISCELLANEOUS

About Fine Jewelry. What to look for when buying a watch and ways gemstones can be enhanced to improve their appearance and durability. 4 pp. (1990. FTC) **455Y. 50¢.**

Americans with Disabilities Act. Explains how this new law protects the civil rights of individuals with disabilities at work and in public places. Helpful to business owners as well as individuals. 18 pp. (1991. DOJ) **585Y. Free.**

Antitrust Enforcement and the Consumer. Explains how laws governing competition in business are enforced and how consumers benefit. 12 pp. (1987. DOJ) **586Y. Free.**

Consumer Guide to the FTC Funeral Rule. Your legal rights to information concerning prices and options of funeral services. 4 pp. (1991. FTC) **456Y. 50¢.**

Endangered Species. Government efforts to protect and restore species in danger of extinction and what you can do to help. 8 pp. (1986. DOI) **587Y. Free.**

Fraud by Phone. Tells how fraudulent telemarketing operations work from "free" trips and prizes, to investments and land sales. Learn what to do to protect yourself. 4 pp. (1991. FTC) **457Y. 50¢.**

How to Adopt a Wild Horse or Burro. All about the government's program to find new homes for wild horses and burros that cannot survive on public lands. 21 pp. (1991. DOI) **588Y. Free.**

How to Buy and Install Telephone Products. Information on cellular and cordless telephones. 30 pp. (1991. OCA) **589Y. Free.**

• ***Look in the Cars section on page 2 for more on cellular telephones.***

How to Buy a Personal Computer. Basic information on hardware, software, modems, disks, memory capabilities, work space and more. 65 pp. (1990. OCA) **458Y. 50¢.**

In the Event of a Flood. What to do, and how to minimize loss of life and property. 6 pp. (1983. FEMA) **590Y. Free.**

On the Move. Four pamphlets to help you work with a moving company; learn your legal rights and responsibilities; and tips on moving with your children, pets and plants. 8 pp. (1990. ICC) **459Y. 50¢.**

Safety and Survival in an Earthquake. The actions you take before, during, and after may save you and your family's lives. Learn what to do at home and in your community. 10 pp. (1990. DOI) **146Y. $1.00.**

The Selective Service System: Information for Registrants. Explains what would happen if the draft were started again, and how to request reclassification or postponement of induction into the armed forces. 17 pp. (1988. SSS) **591Y. Free.**

Swindlers Are Calling. Don't be ripped-off by fraudulent telephone businesses: Nine tip-offs that a caller could be a crook, and ten ways to avoid becoming a victim. 7 pp. (1990. CFTC/FTC) **460Y. 50¢.**

What Consumers Should Know About Service Contracts and Repair Services. Explains what a service contract is and how it differs from a warranty. Also poses questions to ask when looking for a good repair shop. 8 pp. (1989. FTC) **592Y. Free.**

Working Safely With Video Display Terminals (VDTs). Examines the potential health hazards - eyestrain, muscle fatigue, and low-level radiation and details how to prevent these problems through lighting and work station design. Lists sources for more information. 22 pp. (1991. DOL) **147Y. $1.00.**

Sources of Assistance

A Consumer's Directory of Postal Services and Products. Introduces you to the many services and products available to meet your needs and save you time and money. 33 pp. (1988. USPS) **461Y. 50¢.**

Consumer's Resource Handbook. Revised edition. Lists contacts to help with consumer problems or complaints. Includes corporate consumer representatives, private resolution programs, automobile manufacturers, government agencies, how to write an effective complaint letter and much more. 96 pp. (1992. OCA) **593Y. Free.**

Directory of U.S. Government Depository Libraries. Addresses for nearly 1400 U.S. libraries that maintain or have access to federal government documents. 50 pp. (1990. CONG) **594Y. Free.**

Federal Information Center. Lists telephone numbers across the country to contact when you need assistance from the federal government. 2 pp. (1990. GSA) **595Y. Free.**

Getting Information from FDA. How to get answers to your questions on drugs, foods, medical devices, radiation safety, pet foods, and more. 3 pp. (1990. FDA) **596Y. Free.**

Lista de Publicaciones Federales en Español para el Consumidor. Lists free Spanish publications on a variety of subjects. 8 pp. (1989. GSA) **597Y. Free.**

Military Service Records in the National Archives. Explains how to obtain military records for all branches of the service, including the Confederate army. 14 pp. (1985. NARA) **462Y. 50¢.**

Staying Healthy and Whole: A Consumer Guide to Product Safety Recalls. Lists products regulated by eight federal agencies with addresses and phone numbers. 10 pp. (1991. OCA) **598Y. Free.**

U.S. Government TDD Directory. Lists federal agencies with Telecommunications Devices for the Deaf and how to reach hearing or speech-impaired federal employees if you don't use a TDD. 40 pp. (1991. GSA) **599Y. Free.**

Using Records in the National Archives for Genealogical Research. Research your family history using historical census, land, naturalization, and military records. 25 pp. (1986. NARA) **463Y. 50¢.**

Where to Write for Vital Records. How to obtain certified copies of birth, death, marriage, and divorce certificates. 22 pp. (1990. HHS) **148Y. $1.75.**

Your Right to Federal Records. Use the Freedom of Information Act and Privacy Act to obtain records from the federal government. 25 pp. (1991. DOJ/GSA) **464Y. 50¢.**

PUBLICATION PRICING

As you look through the **Catalog,** you may wonder why some booklets have an individual price and others do not. We have three different categories of booklets in the **Catalog.** Booklets are offered without individual charge to the consumer if the sponsoring agency can pay the printing and distribution costs. When a booklet has a sales price, it's part of the Government Printing Office (GPO) sales program. GPO sets the price to cover printing, distribution and related costs; prices vary accordingly. When a booklet is 50¢, the publishing agencies are able to share in some of the costs usually paid by GPO.

PARTICIPATING AGENCIES

The initials of the federal office sponsoring a booklet appear in parentheses near the end of each publication entry. Please use the list below to translate the initials into the agencies' names.

CFTC	Commodity Futures Trading Commission
CONG	Congressional Committee
CPSC	Consumer Product Safety Commission
DOC	Department of Commerce
DOD	Department of Defense
DOE	Department of Energy
DOI	Department of the Interior
DOJ	Department of Justice
DOL	Department of Labor
DOS	Department of State
DOT	Department of Transportation
ED	Department of Education
EPA	Environmental Protection Agency
FCC	Federal Communications Commission
FDA	Food and Drug Administration
FDIC	Federal Deposit Insurance Corporation
FEMA	Federal Emergency Management Agency
FFIEC	Federal Financial Institutions Examination Council
FHWA	Federal Highway Administration
FRB	Federal Reserve Board
FTC	Federal Trade Commission
GSA	General Services Administration
HCFA	Health Care Financing Administration
HHS	Department of Health and Human Services
HUD	Department of Housing and Urban Development
ICC	Interstate Commerce Commission
LOC	Library of Congress
NARA	National Archives and Records Administration
NASA	National Aeronautics and Space Administration
NEH	National Endowment for the Humanities
NIH	National Institutes of Health
NIMH	National Institute of Mental Health
OCA	U.S. Office of Consumer Affairs
OTS	Office of Thrift Supervision
SBA	Small Business Administration
SI	Smithsonian Institution
SSA	Social Security Administration
SSS	Selective Service System
TREA	Department of the Treasury
USDA	U.S. Department of Agriculture
USPS	U.S. Postal Service
VA	Department of Veterans Affairs

HOW TO ORDER

Fill in the Mailing Label on page 15. It will be used to send your order to you.

Sales Booklets

1. On page 15, find the item numbers of the booklets you want to buy and fill in the quantity and total price. Fill in the number of different sales titles ordered in the space provided at the bottom of the page. Also add up the prices and enter your "Total Sales Price."

2. Make check or money order payable to **Superintendent of Documents. Do not send stamps as payment.**

3. Prices will be honored through May 31, 1992.

Quantity Discount: If you order 100 or more copies of a single sales title, deduct 25% off the price of this title. **Discounts do not apply to 50¢ booklets.**

Foreign Orders: To cover extra handling costs for shipments outside the United States, add 25% to your total order.

Free Booklets

1. On the back cover, circle the item number for each free booklet you want. **You may order up to 25 different free booklets.**

2. **While there is not a charge for individual free publications, there is a $1.00 service fee to help defray program costs. For that $1.00, you may order up to 25 different free booklets.**

3. Please note the number of free titles you are ordering in the space provided on page 16. Also note the $1.00 service fee on page 15.

4. Make your check or money order payable to **Superintendent of Documents.** Do not send stamps as payment. If you order both free and sales booklets, you may combine your payment for the $1.00 service fee and sales price in one check or money order. However, do not use your GPO Deposit Account to pay the $1.00 service fee.

WHERE TO SEND YOUR ORDER

If you order **ONLY** sales booklets, or **BOTH** sales and free, mail your order to:

R. Woods
Consumer Information Center-2A
P.O. Box 100
Pueblo, Colorado 81002

If you order **ONLY** free booklets, mail your order to:

S. James
Consumer Information Center-2A
P.O. Box 100
Pueblo, Colorado 81002

Remember to include the $1.00 service fee if you order any free booklets.

TO RECEIVE THE NEXT CATALOG

There is no $1.00 service fee for the items below.

- ☐ Send me ____ free copies of next quarter's **Consumer Information Catalog**.
- ☐ Educators, libraries, and other nonprofit groups able to distribute 25 or more copies of the **Consumer Information Catalog** each quarter may check here to receive a mailing list application. Costs prevent us from maintaining a mailing list for single copies.

MAILING LABEL FOR CATALOGS **(Please print in ink)**

2A

Name

Address

City, State, Zipcode

Also, send a Catalog to: 2A

Name

Address

City, State, Zipcode

ORDER FORM FOR SALES BOOKLETS 2A

Item #	Qty.	Price	Total $
101Y		$ 1.00	
102Y		$ 1.00	
103Y		$ 2.00	
104Y		$ 1.00	
105Y		$ 1.00	
106Y		$ 1.25	
107Y		$ 1.25	
108Y		$ 1.75	
109Y		$ 3.25	
110Y		$ 2.50	
111Y		$ 1.00	
112Y		$ 1.50	
113Y		$ 1.00	
114Y		$ 2.00	
115Y		$ 2.50	
116Y		$ 1.00	
117Y		$ 2.00	
118Y		$ 1.00	
119Y		$ 1.00	
120Y		$ 1.00	
121Y		$ 1.00	
122Y		$ 1.00	
123Y		$ 1.00	
124Y		$ 1.00	
125Y		$ 1.50	
126Y		$ 3.25	
127Y		$ 1.50	
128Y		$ 1.75	
129Y		$ 1.25	
130Y		$ 2.50	
131Y		$ 2.00	
132Y		$ 1.75	
133Y		$ 1.00	
134Y		$ 1.00	
135Y		$ 2.25	
136Y		$ 1.00	
137Y		$ 1.50	
138Y		$ 1.00	
139Y		$ 1.25	

Item #	Qty.	Price	Total $
140Y		$ 1.00	
141Y		$ 1.50	
142Y		$ 1.00	
143Y		$ 1.50	
144Y		$ 1.00	
145Y		$ 1.00	
146Y		$ 1.00	
147Y		$ 1.00	
148Y		$ 1.75	
250Y		$ 6.50	
251Y		$ 5.00	
252Y		$12.00	
401Y		$ .50	
402Y		$ .50	
403Y		$ .50	
404Y		$ .50	
405Y		$ .50	
406Y		$ .50	
407Y		$ .50	
408Y		$ .50	
409Y		$ .50	
410Y		$ .50	
411Y		$ .50	
412Y		$ .50	
413Y		$ .50	
414Y		$ .50	
415Y		$ .50	
416Y		$ .50	
417Y		$ .50	
418Y		$ .50	
419Y		$ .50	
420Y		$ .50	
421Y		$ .50	
422Y		$ .50	
423Y		$ .50	
424Y		$ .50	
425Y		$ .50	
426Y		$ .50	

Item #	Qty.	Price	Total $
427Y		$ .50	
428Y		$ .50	
429Y		$ .50	
430Y		$ .50	
431Y		$ .50	
432Y		$ .50	
433Y		$ .50	
434Y		$ .50	
435Y		$ .50	
436Y		$ .50	
437Y		$ .50	
438Y		$ .50	
439Y		$ .50	
440Y		$ .50	
441Y		$ .50	
442Y		$ .50	
443Y		$ .50	
444Y		$ .50	
445Y		$ .50	
446Y		$ .50	
447Y		$ .50	
448Y		$ .50	
449Y		$ .50	
450Y		$ .50	
451Y		$ .50	
452Y		$ .50	
453Y		$ .50	
454Y		$ .50	
455Y		$ .50	
456Y		$ .50	
457Y		$ .50	
458Y		$ .50	
459Y		$ .50	
460Y		$ .50	
461Y		$ .50	
462Y		$ .50	
463Y		$ .50	
464Y		$ .50	

Number of sales titles ordered _____ Total sales price $_____

Number of free titles ordered _____ If any, include $1.00 service fee $_____

Charge to my Deposit Acct. No. ☐☐☐☐☐☐☐ - ☐ Total enclosed $_____

Make check payable to Superintendent of Documents. Prices honored through May 31, 1992.

MAILING LABEL

Please print in ink; this label will be used to send your order to you.

Name

Address

City, State, Zipcode

ORDER FORM FOR FREE BOOKLETS 2A

- Circle the item number for each free booklet you want. **You may order up to 25 different booklets, but only one copy of each.**

501Y	521Y	541Y	561Y	581Y
502Y	522Y	542Y	562Y	582Y
503Y	523Y	543Y	563Y	583Y
504Y	524Y	544Y	564Y	584Y
505Y	525Y	545Y	565Y	585Y
506Y	526Y	546Y	566Y	586Y
507Y	527Y	547Y	567Y	587Y
508Y	528Y	548Y	568Y	588Y
509Y	529Y	549Y	569Y	589Y
510Y	530Y	550Y	570Y	590Y
511Y	531Y	551Y	571Y	591Y
512Y	532Y	552Y	572Y	592Y
513Y	533Y	553Y	573Y	593Y
514Y	534Y	554Y	574Y	594Y
515Y	535Y	555Y	575Y	595Y
516Y	536Y	556Y	576Y	596Y
517Y	537Y	557Y	577Y	597Y
518Y	538Y	558Y	578Y	598Y
519Y	539Y	559Y	579Y	599Y
520Y	540Y	560Y	580Y	

- Enter total number of free titles ordered _____ . Please be sure to include the $1.00 service fee. Also note this on page 15 above the mailing label.

WHERE TO SEND YOUR ORDER

If you order **ONLY** sales, or **BOTH** sales and free booklets, mail your order to:

R. Woods
Consumer Information Center-2A
P.O. Box 100
Pueblo, Colorado 81002

If you order **ONLY** free booklets, mail your order to:

S. James
Consumer Information Center-2A
P.O. Box 100
Pueblo, Colorado 81002

Remember to include the $1.00 service fee if you order any free booklets.

U.S. GOVERNMENT PRINTING OFFICE: 1991-281-771/40001

FROM PUEBLO TO YOU:
More than 200 of the best federal consumer publications.





Food & Nutrition

Information Center

United States Department of Agriculture

National Agricultural Library

What is the Food and Nutrition Information Center?

The Food and Nutrition Information Center (FNIC) serves persons seeking information or educational materials in the area of food and human nutrition. The Center is part of the National Agricultural Library (NAL), which is located in Beltsville, MD.



FNIC serves many kinds of users. For example, it can help:

- school teachers implement effective nutrition education programs.
- food service managers identify training materials on sanitation and food safety.
- extension specialists or public health nutritionists provide information to consumers.
- scientists prepare a review of the literature on a specific aspect of nutrition.

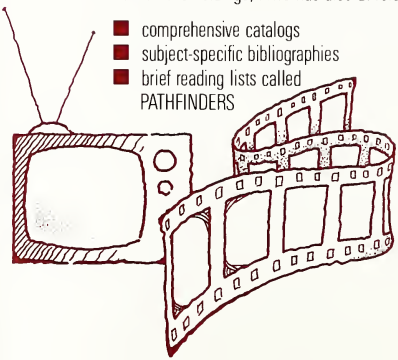
The FNIC Collection

The Center acquires books, journal articles, and audiovisual materials pertaining to human nutrition, food service management, and food science. The audiovisual collection covers a variety of media including motion pictures, film strips, slides, videocassettes, and posters. The Center's collection ranges from children's materials to sophisticated technical information. Topics include:

- the relationship between diet and disease
- nutrient composition
- food science and technology
- food service management
- food safety and sanitation
- U.S. food and nutrition programs
- nutrition education

The items in the FNIC collection are listed in AGRICOLA, the computerized bibliographic data base produced by the National Agricultural Library. Access to AGRICOLA is available through Dialog Information Retrieval (800-3-DIALOG) or BRS Information Technologies (800-345-4BRS). To provide printed listings of the Center's holdings, FNIC has also developed:

- comprehensive catalogs
- subject-specific bibliographies
- brief reading lists called PATHFINDERS



Services

FNIC provides the following services:

- It lends books and audiovisual materials. An unlimited number of books may be borrowed for a period of 1 month. Users may borrow a total of three audiovisuals at a time and keep them for 4 weeks. Users are responsible for the cost of return postage for books and audiovisuals.
- It provides photocopies of journal articles (as permitted by the copyright law, title 17, U.S. code). Photocopies of up to six journal articles will be provided at a time.
- It provides comprehensive reference services, including computer searches of major databases, "factfinding," and referrals.

While FNIC assists all interested persons, *direct free* borrowing privileges and/or *unlimited free* reference service is available only for the staff of the following organizations:

1. Federal and State Government agencies
2. School districts and elementary and secondary school personnel (including teachers, food service staff, and school nurses)
3. Nutrition Education and Training Program (NET), Special Supplemental Program for Women, Infants, and Children (WIC), and Commodity Supplemental Foods Program (CSF)
4. Food Distribution Program for Indian Reservations
5. Child Care Food Program cooperators
6. U.S. libraries



Those persons who do NOT fall into the preceding categories may obtain FNIC materials through interlibrary loan. Check with your local libraries for this service. FNIC may perform brief complimentary searches of the AGRICOLA database on a topic of your choice. More extensive reference assistance is on a cost recovery basis.

Software Demonstration Center

FNIC also has a demonstration center for food and nutrition microcomputer software. The extensive collection of dietary analysis, nutrition education, and food service programs is available for onsite review by appointment only. (Software is not loaned.)

You Can Help

Your help could enhance the Food and Nutrition Information Center services. The FNIC staff concentrates its efforts on acquiring audiovisions, books, periodicals, reports, computer software, and other material related to food and nutrition to enrich NAL's already extensive resources. You can assist us by:

- Contributing publications and photocopies of your latest projects.
- Recommending books, journals, or audiovisuals that should be added to the collection.
- Referring us to document collections in this field that might be donated to NAL.
- Suggesting names of organizations with whom we might cooperate.
- Reporting to us when our services need improvement or when you have been especially pleased with our efforts.

National Agricultural Library

Using FNIC

You can visit the Center personally, write or telephone, or have your library make interlibrary loan requests.

The National Agricultural Library is located at the intersection of U.S. Route 1 and Interstate 495 (Beltway exit 25A North), Beltsville, MD.

For additional information, contact FNIC at the following address:

The Food and Nutrition Information Center
National Agricultural Library
Room 304
10301 Baltimore Boulevard
Beltsville, MD 20705
(301) 344-3719 504-5719
Fax: (301) 344-5472 504-5472



Revised
July 1988

*U.S.GPO:1990—724-760

RESOURCES

Everyone needs idea starters now and then. Whether planning a new program or just wanting to stay up-to-date with the latest information, current reference materials are a necessity.

Where can recipe ideas, teaching aids, colorful posters, and/or general reference materials be found? The purpose of this section is to provide some answers to this question. While the lists that follow are not an exhaustive summary of every possible resource, they do provide many useful contacts for you to begin networking.

Don't forget to check out the local area also—excellent contacts are often close by. Local community resources, such as the Cooperative Extension Service, Indian Health Service, WIC clinic, college or university, health department, school food service director, dietetic association, etc., have knowledgeable individuals who can be of assistance.

Remember, too, that organization is important. If you cannot find what you need, it does not help to have it. Develop some sort of filing system that works for you. Then start ordering resources from the various organizations, associations and companies.

As your letters, packages, and boxes start arriving, place copies in your files for future reference. Then, when you are asked for recipes, or it is time to teach a new lesson, or you are preparing a special presentation, you will have a place to turn for help...your files!

CONTENTS

Introduction ..... I 3

National Nutrition, Medical, and Health Organizations ..... I 5

Local Contacts for Nutrition, Medical, and Health Organizations ..... I 9

Food-Related Associations ..... I 11

Food Companies ..... I 17

National Center for Nutrition and Dietetics Good Nutrition Reading List ..... I 19

National Diabetes Information Clearinghouse Publications List and Order Form ..... I 25

Food and Nutrition Information Center (FNIC) Publications List ..... I 33

FNIC Sensible Nutrition Nutri-Topics ..... I 37

FNIC Nutrition and Diabetes Pathfinder ..... I 43

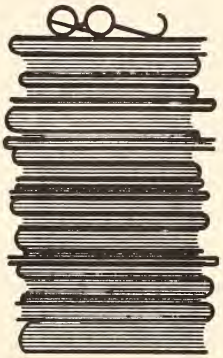
Introduction

The first part of this section is composed of a list of organizations that provide free or low-cost food and nutrition materials for consumers. The list is alphabetical and divided into three portions: (1) Nutrition, Medical, and Health Organizations (National and Local); (2) Food-Related Associations; and (3) Food Companies. If the organization has materials available in the Spanish language, an S in parenthesis, i.e. (S), will be after the name of the organization. Not all publications are available in Spanish.

To begin your accumulation of resources, it is recommended that you call or write the organizations(s) for a publication list or order form. It is also suggested that you make your request(s) for materials as far in advance as possible to allow for processing and mailing time. Some organizations may take up to eight weeks to fill your request. There are fees for some of the materials distributed by these organizations.

Inclusion of an organization on this list does not indicate endorsement by the U. S. Department of Agriculture (USDA), nor does the USDA ensure the accuracy of all information provided by these organizations.

The remaining portion of this section is composed of listings of nutrition reference materials/resources. The first listing, *The Good Nutrition Reading List,* was developed by the National Center for Nutrition and Dietetics. The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) produced the second listing of diabetes-related publications available from the National Diabetes Information Clearinghouse. The remaining listings were produced by the National Agricultural Library's Food and Nutrition Information Center.



Don't Get Behind on Your Reading!

National Nutrition, Medical, and Health Organizations

Aging

American Association of Retired Persons
601 E Street, NW
Washington, DC 20049
(202) 434-2277

Asociacion Nacional Pro Personas Mayores (S)
3325 Wilshire Blvd., Suite 800
Los Angeles, CA 90010
(213) 487-1922

National Institute on Aging (S)
Information Office
Federal Building, Room 6C-12
9000 Rockville Pike
Bethesda, MD 20892
(301) 496-1752

Alcohol and Drugs

National Clearinghouse for Alcohol and Drug Information (S)
Information Specialist
P. O. Box 2345
Rockville, MD 20852
(301) 468-2600

National Council on Alcoholism
12 W. 21st Street, Suite 700
New York, NY 10010
(800) NCA-CALL

Allergies

American Allergy Association
P. O. Box 640
Menlo Park, CA 94026
(415) 322-1663

Arthritis

Arthritis Foundation Information Line
1314 Spring Street, NW
Atlanta, GA 30309
(800) 283-7800

National Institute of Arthritis and Musculoskeletal and Skin Diseases
Information Office
Building 31, Room 4C05
9000 Rockville Pike
Bethesda, MD 20892
(301) 496-8188

Cancer

American Cancer Society
3340 Peachtree Road, NE
Atlanta, GA 30026
(800) 227-2345

American Institute for Cancer Research
1759 R Street, NW
Washington, DC 20009
(202) 328-7744
(800) 843-8114

Cancer Information Center
Office of Cancer Communications
National Cancer Institute
Building 31, Room 10A-24
9000 Rockville Pike
Bethesda, MD 20892
(800) 4-Cancer

Dental Health

American Dental Association (S)
Department of Public Information
and Education
211 East Chicago Avenue
Chicago, IL 60611
(312) 440-2593

National Institute of Dental Research
Information Office
Building 31, Room 2C35
9000 Rockville Pike
Bethesda, MD 20892
(301) 496-4261

Diabetes

American Diabetes Association (S)
National Service Center
1660 Duke Street
Alexandria, VA 22314
(800) 232-3472

Indian Health Service Diabetes Program
DHHS, US Public Health Service
2401 12th Street, N.W., Room 211-N
Albuquerque, NM 87102
(505) 766-3980

Juvenile Diabetes Foundation
International Hotline
432 Park Avenue South
New York, NY 10016
(212) 889-7575
(800) 223-1138

National Diabetes Information
Clearinghouse (S)
Box NDIC
9000 Rockville Pike
Bethesda, MD 20892
(301) 468-2162

Digestive Diseases

National Digestive Diseases Education
and Information Clearinghouse
Box NDDIC
9000 Rockville Pike
Bethesda, MD 20892
(301) 468-6344

Eating Disorders

American Anorexia/Bulimia Association
418 East 76th Street
New York, NY 10021
(212) 734-1114

Anorexia Nervosa and Related Eating
Disorders
P. O. Box 5102
Eugene, OR 97405
(503) 344-1144

National Anorexic Aid Society
1925 E. Doublin Road-Granville
Columbus, OH 43229
(614) 885-5381
(614) 846-2833

National Association of Anorexia Nervosa
and Associated Disorders
Box 7
Highland Park, IL 60035
(708) 831-3438

National Food Addiction Hotline
1101 W. Hibiscus Blvd., Suite 107
Melbourne, FL 32904
(800) USA-0088

Fitness and Sports

Aerobics and Fitness Foundation
15250 Ventura Blvd., Suite 310
Sherman Oaks, CA 91403
(818) 905-0040

International Center for Sports Nutrition
502 South 44th St., Suite 3012
Omaha, NE 68105
(402) 559-5505

Women's Sport Foundation
342 Madison Avenue, Suite 728
New York, NY 10173
(800) 227-3988

Food and Nutrition

Community Nutrition Institute
2001 S Street, NW, Suite 530
Washington, DC 20009
(202) 462-4700

Food and Drug Administration (S)
Office of Consumer Affairs
Department of Health & Human Services
5600 Fishers Lane (HFE-88)
Rockville, MD 20857
(301) 443-3170

Food and Nutrition Information Center
National Agricultural Library
10301 Baltimore Blvd., Room 304
Beltsville, MD 20705-2351
(301) 504-5719

Food and Nutrition Service/USDA (S)
Nutrition and Technical Services Division
3101 Park Center Drive, Room 609
Alexandria, VA 22302
(703) 305-2554

Human Nutrition Information Service/
USDA (S)
Public Affairs Staff
6505 Belcrest Road
Hyattsville, MD 20782
(301) 436-8498

Indian Health Service
Department of Health & Human Services
5600 Fishers Lane, 5A-55
Rockville, MD 20857
(301) 443-1083

National Center for Nutrition
and Dietetics (S)
(American Dietetic Association)
216 W. Jackson Blvd., Suite 800
Chicago, Illinois 60606-6995
(312) 899-4854
(800) 366-1655

Penn State Nutrition Center
The Pennsylvania State University
Ruth Bldg., 417 E. Calder Way
University Park, PA 16802-5663
(814) 865-6323

Nutrition Information Center
515 East 71st Street, S 904
New York, NY 10021
(212) 746-1617

Food Safety

Food Safety and Inspection Service (S)
Meat and Poultry Hotline
USDA, Room 1165-S
Washington, DC 20250
(202) 447-3333
(800) 535-4555

General Health

American Medical Association
515 N. State Street
Chicago, IL 60610
(312) 464-5000

American Public Health Association
1015 15th Street, NW
Washington, DC 20005
(202) 789-5600

Center for Science in the Public Interest
1875 Connecticut Avenue, NW, Suite 300
Washington, DC 20009
(202) 332-9110

Consumer Information Center (S)
Pueblo, CO 81009

Metropolitan Life Insurance Company
Health and Safety Education Division
One Madison Avenue
New York, NY 10010
(212) 578-2211

National Clearinghouse for Primary Care Information
8201 Greensboro Drive, Suite 600
McLean, VA 22102
(703) 821-8955

National Council Against Health Fraud, Inc.
P. O. Box 1276
Loma Linda, CA 92354
(714) 824-4690

New Mexico Health and Environment Department (S)
Health Services Division
Health Promotion Bureau
P. O. Box 968
Santa Fe, NM 87504-0968
(505) 827-2502

ODPHP Health Information Center
(Office of Disease Prevention Health Promotion)
P. O. Box 1133
Washington, DC 20013-1133

Oklahoma State Department of Health
Nutrition Division
1000 NE 10th
Oklahoma City, OK 73117
(405) 271-4676

Public Voice For Food and Health Policy
1001 Connecticut Avenue, NW, Suite 522
Washington, DC 20036
(202) 659-5930

Heart Disease

American Heart Association
National Center
7320 Greenville Avenue
Dallas, TX 75231
(214) 373-6300

American Heart Association
San Francisco Chapter (S)
120 Montgomery, Suite 1650
San Francisco, CA 94104
(415) 433-2273

NHLBI Information Center (S)
(National Heart, Lung, Blood Institute)
4733 Bethesda Avenue, Suite 530
Bethesda, MD 20814
(301) 951-3260

Maternal and Child Health

American College of Obstetricians and Gynecologists
Office of Public Information
409 12th Street, SW
Washington, DC 20024
(202) 638-5577

La Leche League International (S)
P. O. Box 1209
Franklin Park, IL 60131-8209
(703) 455-7730

March of Dimes
Supply Division
1275 Mamaroneck Avenue
White Plains, NY 10605
(914) 428-7100

National Maternal and Child Health Clearinghouse
38th and R Streets, NW
Washington, DC 20057
(202) 625-8410

Local Contacts for Nutrition, Medical, and Health Organizations

Local Contacts	Ask for the:
American Cancer Society (city, county, or state)	Health Educator
American Heart Association (city, county, or state)	Health Educator
American Red Cross (city, county, or state)	Health Educator
College/University	Home Economics Dept.
Cooperative Extension Service (county or university)	Home Economist Nutritionist
Dietetic Association (city or state)	Registered Dietitian
Diabetes Association (city or state)	Health Educator
F. D. A. Consumer Affairs Office	Consumer Affairs Officer
Health Department (city, county, or state)	Nutritionist Registered Dietitian
Hospital	Registered Dietitian
Indian Health Service	Nutritionist Registered Dietitian Diabetes Educator Public Health Educator
March of Dimes	Health Educator
Nutrition Education & Training (NET) Program (state)	Coordinator
School System	Food Service Director Nurse
WIC Program/Clinic	Nutritionist

Note: Many of these local contacts have materials available in non-English languages or can refer you to other agencies or affiliates who do have these materials.

Food-Related Associations

Dairy, Eggs, and Cheese

American Dairy Products Institute
130 N. Franklin Street
Chicago, IL 60606
(312) 782-4888

American Egg Board
1460 Renaissance Drive
Park Ridge, IL 60068
(312) 694-0450

California Milk Advisory Board
P. O. Box 4680
Modesto, CA 95352
(209) 521-1060

National Dairy Board
2111 Wilson Blvd., Suite 600
Arlington, VA 22201
(703) 528-4800

National Dairy Council
6300 N. River Road
Rosemont, IL 60018-4233
(708) 696-1020

National Yogurt Association
450 Park Avenue, South
6th Floor
New York, NY 10016
(212) 951-5492

Middle Atlantic Milk Marketing Association
Cromwell Center, Suite 106
810 Gleneagles Court
Towson, MD 21204
(301) 321-0266

Wisconsin Milk Marketing Board
8418 Excelsior Drive
Madison, WI 53717
(608) 836-8820

Dried Fruits, Nuts, & Legumes

American Soybean Association
540 Maryville Center
St Louis, MO 63141
(314) 576-1770

California Dry Bean Advisory Board
531-D N. Alta Avenue
Dinuba, CA 93618
(209) 591-4866

California Fig Advisory Board
3425 N. First Street, Suite 109
Fresno, CA 93726
(209) 224-3447

California Pistachio Commission
Dept. QRS
1915 N. Fine Avenue
Fresno, CA 93727
(209) 252-3345

California Prune Board
103 World Trade Center
San Francisco, CA 94111
(415) 984-6206

California Raisin Advisory Board
55 Union Street
San Francisco, CA 94111
(415) 984-6376

Idaho Bean Commission
P. O. Box 9433
Boise, ID 83707
(208) 334-3520

National Pecan Marketing Council
4348 Carter Creek, Suite 101
Bryan, TX 77802
(409) 846-1681

National Sunflower Association
4023 State Street
Bismark, ND 58501
(701) 224-3019

Peanut Advisory Board
1950 N. Park Place, Suite 525
Atlanta, GA 30339
(404) 933-0357

USA Dried Pea & Lentil Industry
5071 Highway 8 West
Moscow, ID 83843
(208) 882-3023

Fish and Seafood

Alaskan Seafood Marketing Institute
P. O. Box D
Juneau, AK 99811
(907) 586-2902

Association of Chilean Salmon Farmers
22 Free Street
Portland, ME 04101
(207) 871-1310

Maine Sardine Council
P. O. Box 337
Brewer, ME 04412
(207) 989-2180

National Fisheries Institute, Inc.
1525 Wilson Blvd., Suite 500
Arlington, VA 22209
(703) 524-8881

North Atlantic Seafood Association
P. O. Box 15294
Cleveland, OH 44115
(216) 781-6400

Rhode Island Seafood Council
406-A Main Street
Wakefield, RI 02879
(800) 328-3474

Virginia Marine Products Board
97 Main Street, Suite 103
Newport News, VA 23601
(804) 594-7261

Fruit

California Apricot Advisory Board
1280 Boulevard Way
Walnut Creek, CA 94595
(415) 937-3660

California Avocado Commission
23232 Peralta Drive, Suite 109
Laguna Hills, CA 92653
(714) 859-4110

California Cling Peach Advisory Board
P. O. Box 7111
San Francisco, CA 94120
(415) 495-7714

California Fresh Market Tomato Advisory Board
2017 N. Gateway Blvd., Suite 102
Fresno, CA 93727
(209) 251-0628

California Kiwifruit Commission
1540 River Park Drive, Suite 110
Sacramento, CA 95815
(916) 929-5314

California Olive Industry
1903 N. Fine Avenue, Suite 102
Fresno, CA 93727
(209) 456-9096

California Strawberry Advisory Board
P. O. Box 269
Watsonville, CA 95077-0269
(408) 724-1301

California Table Grape Commission
2975 N. Maroa
P. O. Box 5498
Fresno, CA 93755
(209) 224-4997

California Tree Fruit Agreement
P. O. Box 255627
Sacramento, CA 95865
(916) 483-9261

Cherry Marketing Institute
2220 University Park Drive, Suite 200
Okemos, MI 48864
(517) 347-0010

Concord Grape Association
5775 Peachtree-Dunwoody Road
Suite 500-G
Atlanta, GA 30342
(404) 252-3663

The Cranberry Institute
1101 - 15th Street, NW, Suite 202
Washington, DC 20005
(202) 785-3232

Florida Department of Citrus
P. O. Box 148
Lakeland, FL 33802
(813) 682-0171

International Apple Institute
P. O. Box 1137
McLean, VA 22101
(703) 442-8850

International Banana Association
1101 Vermont Ave. NW, Suite 306
Washington, DC 20005
(202) 371-1620

Michigan Apple Committee
13105 Schavey Road
DeWitt, MI 48820
(517) 669-8353

Michigan Blueberry Growers
Association
P. O. Box B
Grand Junction, MI 49056
(616) 434-6791

National Cherry Growers and Industry
Foundation (Canned)
Northwest Cherry Growers (Fresh)
1005 Tieton Drive
Yakima, WA 98902
(509) 453-4837

New York Cherry Growers Association
7645 Main Street
P. O. Box 350
Fishers, NY 14453
(716) 924-2171

North American Blueberry Council
P. O. Box 166
Marmora, NJ 08223
(609) 399-1559

Ocean Spray Cranberry, Inc.
One Ocean Spray Drive
Lakeville-Middleboro, MA 02349
(508) 946-1000

Pacific Coast Canned Pear Service
P. O. Box 7111
San Francisco, CA 94120
(414) 541-0451

Produce Marketing Association, Inc.
1500 Casho Mill Road
Newark, DE 19714-6038
(302) 738-7100

Sunkist Growers, Inc.
P. O. Box 7888
Van Nuys, CA 91409
(818) 986-4800

United Fresh Fruit and Vegetable Association
727 N. Washington Street
Alexandria, VA 22314
(703) 836-3410

Washington Apple Commission
P. O. Box 18
Wenatchee, WA 98807
(509) 663-9600

Meat and Poultry

American Lamb Council
6911 S. Yosemite Street
Englewood, CO 80112-1414
(303) 771-3500

American Meat Institute
P. O. Box 3556
Washington, DC 20007
(703) 841-2400

Beef Industry Council - a Division of the National Live Stock and Meat Board
444 N. Michigan Ave.
Chicago, IL 60611
(312) 467-5520
(800) 368-3138

California Beef Council
551 Foster City Blvd., Suite A
Foster City, CA 94404
(415) 571-7100

National Pork Producers Council
P. O. Box 10383
Des Moines, IA 50306
(515) 223-2600

National Turkey Federation
11319 Sunset Hills Road
Reston, VA 22090
(703) 435-7206

Pork Industry Group - a Division of the National Live Stock and Meat Board
444 N. Michigan Avenue
Chicago, IL 60611
(312) 467-5520
(800) 621-7773

Pasta, Potatoes, and Grains

Idaho Potato Commission
P. O. Box 1068
Boise, ID 83701
(208) 334-2350

Kansas Wheat Commission
2630 Claflin Road
Manhattan, KS 66502-2743
(913) 539-0255

The National Pasta Association
2101 Wilson Blvd., Suite 920
Arlington, VA 22201
(703) 841-0818

The Potato Board
1385 S. Colorado Blvd., Suite 512
Denver, CO 80222
(303) 758-7783

Rice Council of America (S)
P. O. Box 740121
Houston, TX 77274
(713) 270-6699

Washington State Potato Commission
108 Interlake Road
Moses Lake, WA 98837
(509) 765-8845

Wheat Foods Council
5500 South Quebec, Suite 111
Englewood, CO 80111
(303) 694-5828

Wheat Quality Council
P. O. Box 996
Pierre, SD 57501

Vegetables

American Mushroom Institute
907 E. Baltimore Pike
Kennett Square, PA 19348
(215) 388-7806

California Artichoke Advisory Board
P. O. Box 747
Castroville, CA 95012
(408) 633-4411

California Iceberg Lettuce Commission
P. O. Box 3354
Monterey, CA 93942
(408) 375-8277

Florida Tomato Committee
P. O. Box 140635
Orlando, FL 32814
(407) 894-3071

The Frozen Vegetable Council
c/o Creamer Dickson Basford
1633 Broadway, 27th Floor
New York, NY 10019
(212) 887-8010

Idaho-Oregon Onion Promotion Committee
P. O. Box 909
Parma, ID 83660
(208) 722-5111

Michigan Asparagus Advisory Board
P. O. Box 23218
Lansing, MI 48909
(517) 323-7000

Produce Marketing Association, Inc.
1500 Casho Mill Road
Newark, DE 19714-6038
(302) 738-7100

United Fresh Fruit and Vegetable Association
727 N. Washington Street
Alexandria, VA 22314
(703) 836-3410

Walla Walla Sweet Onion Commission
P. O. Box 644
Walla Walla, WA 99362
(509) 525-0850

Wisconsin-Minnesota Canned Vegetable Council
222 N. Midvale Blvd., Suite 29
Madison, WI 53705
(608) 231-2250

Miscellaneous Food Related Organizations

American Bakers Association
1111 - 14th Street, NW, Suite 300
Washington, DC 20005
(202) 296-5800

The Association for Dressings and Sauces
5775 Peachtree-Dunwoody Road
Suite 500-G
Atlanta, GA 30342
(404) 252-3663

Calorie Control Council
5775 Peachtree-Dunwoody Road
Suite 500-G
Atlanta, GA 30342
(404) 252-3663

Canned Food Information Council
500 N. Michigan Avenue
Chicago, IL 60611
(312) 836-7279

Food Marketing Institute
1750 K Street, NW
Washington, DC 20006
(202) 452-8444

The Glutamate Association
5775 Peachtree-Dunwoody Road,
Suite 500-G
Atlanta , GA 30342
(404) 252-3663

Infant Formula Council
5775 Peachtree-Dunwoody Road,
Suite 500-G
Atlanta, GA 30342
(404) 252-3663

International Food Additives Council
5775 Peachtree-Dunwoody Road
Suite 500-G
Atlanta, GA 30342
(404) 252-3663

International Food Information Council
1100 Connecticut Avenue NW, Suite 430
Washington, DC 20036
(202) 296-6540

National Honey Board
500 Airport Blvd., Suite 336
Burlingame, CA 94010
(800) 356-5941

Popcorn Institute
401 N. Michigan Avenue
Chicago, IL 60611-4267
(312) 644-6610

The Sugar Association, Inc.
1101 15th Street NW, Suite 600
Washington, D. C. 20005
(202) 785-1122

The Vinegar Institute
5775 Peachtree-Dunwoody Road
Suite 500-G
Atlanta, Ga 30342
(404) 252-3663

Food Companies

American Home Food Products
Nutrition and Education Services Dept.
685 Third Avenue
New York, NY 10017
(800) 544-5680

Best Foods - a Division of CPC
International, Inc.
P. O. Box 8000
International Plaza
Englewood Cliffs, NJ 07632
(201) 894-2307

Campbell Soup Company
Communications Center
Campbell Place
Camden, NJ 08103-1799
(609) 342-4800

General Mills, Inc.
General Offices
9200 Wayzata Boulevard
Minneapolis, MN 55440
(800) 328-6787

Giant Food, Inc.
Consumer Affairs Department
P. O. Box 1804
Washington, DC 20013
(301) 341-4322

Hershey Foods Corporation
Consumer Relations Department
P. O. Box 815
Hershey, PA 17033-0815
(800) 468-1714

Hunt-Wesson Foods
1645 West Valencia
Fullerton, CA 92633
(714) 680-1000

Kellogg Company (S)
Consumer Affairs Department
One Kellogg Square
P. O. Box 3599
Battle Creek, MI 49016-3599
(800) 962-1413

Kraft General Foods
250 North Street
White Plains, NY 10625
(800) 431-1003
(800) 323-0768

McDonald's Nutrition Information Center
McDonald's Corporation
McDonald's Plaza
Oak Brook, IL 60521
(708) 575-6198

Nabisco Brands, Inc.
P. O. Box 1911
East Hanover, NJ 07936
(800) 622-4726

Nestlé Brands
800 North Brand Boulevard
Glendale, CA 91203
(800) 288-8682

NutraSweet Center
The NutraSweet Company
Box 830
Deerfield, IL 60015
(800) 321-7254

Oscar Mayer and Company
P. O. Box 7188
Madison, WI 53707
(608) 241-3311

Pet, Incorporated
Pet Plaza
400 South 4th Street
St. Louis, MO 63116
(314) 622-7700

The Pillsbury Company
Consumer Public Relations
Pillsbury Center
200 South Sixth Street
Minneapolis, MN 55402
(800) 767-4466

Proctor and Gamble
P. O. Box 599
Cincinnati, OH 45201
(513) 983-1100
(800) 543-2108

Quaker Oats Company
321 N. Clark Street
Chicago, IL 60610
(312) 222-7111

Sweet 'N Low
P. O. Box 140
Great Neck, NY 11021
(800) 231-1123

Sweet One Hotline
Stadt Corporation
Suite 1, P. O. Box 2160
Great Neck, NY 11022
(800) 544-8610

EAT RIGHT AMERICA

The Good Nutrition Reading List

The consumer market overflows with publications on nutrition, diet, fitness and health. These selected resources cover a variety of topics and provide reliable nutrition information for personal, school, library, or community use.

FOOD & NUTRITION INFORMATION FOR CONSUMERS

EVERYWOMAN'S GUIDE TO NUTRITION by Judith Brown. University of Minnesota Press, 1991.

HEALTH COUNTS: A Fat and Calorie Guide by Kaiser Permanente. Wiley, 1991.

THE NUTRITION CHALLENGE FOR WOMEN: Now You Don't Have to Diet to Stay Healthy and Fit by Louise Lambert-Lagace. Bull Publishing Co., 1990.

THE HEALTHY WEIGH: A Practical Food Guide by The American Dietetic Association, 1991.

THE DUKE UNIVERSITY MEDICAL CENTER BOOK OF DIET AND FITNESS developed by the Duke Diet and Fitness Center, Michael Hamilton...(et. al.). Fawcett Columbine, 1991.

DR. JEAN MAYER'S DIET AND NUTRITION GUIDE by Jean Mayer and Jeanne P. Goldberg. Pharos Books, 1990.

HEALTH SMARTS: HOW TO SPOT THE QUACKS, AVOID THE NONSENSE AND GET THE FACTS THAT AFFECT YOUR HEALTH by John H. Renner. HealthFacts, 1990.

THE INTERNATIONAL CUISINES CALORIE COUNTER by Densie Webb. M. Evans, 1990.

THE NUTRITION GAME: THE RIGHT MOVES IF YOU'RE OVER 50 by Edna Langholz et. al. Bristol Pub., 1990.

BOWES AND CHURCH'S FOOD VALUES OF PORTIONS COMMONLY USED. 15th ed. revised by Jean A.T. Pennington. Perennial Library, 1989.

THE MOUNT SINAI SCHOOL OF MEDICINE COMPLETE BOOK OF NUTRITION, edited by Victor Herbert and Genell Subak-Sharpe. St. Martin's Press, 1990.

THE DINE SYSTEM - HOW TO IMPROVE YOUR NUTRITION AND HEALTH by Darwin and Kathryn Dennison. DINE Systems, Inc., 1989.

FOOD FINDER: Food Sources of Vitamins and Minerals by Elizabeth S. Hands. ESHA Research, 1990.

COOK'S INGREDIENTS contributing editor, Adrian Baley. 1st American ed. Reader's Digest Association, 1990.

HEALTH SCHEMES, SCAMS, AND FRAUDS by Stephen Barrett and the editors of Consumer Reports. Consumers Union, 1990.

THE TUFTS UNIVERSITY GUIDE TO TOTAL NUTRITION by Stanley Gershoff, with Catherine Whitney and the editorial board of the Tufts University Diet & Nutrition Letter. Harper and Row, 1990.

FOOD LOVER'S COMPANION: COMPREHENSIVE DEFINITIONS OF OVER 3000 FOOD, WINE, AND CULINARY TERMS by Sharon Tyler Herbst. Barron's, 1990.

EAT FOR LIFE by Catherine E. Woteki and Paul R. Thomas. National Academy Press, 1992.

NNM 11/91

NATIONAL NUTRITION MONTH®

NATIONAL CENTER FOR NUTRITION AND DIETETICS
THE PUBLIC EDUCATION INITIATIVE OF THE AMERICAN DIETETIC ASSOCIATION AND ITS FOUNDATION
216 West Jackson Blvd.• Suite 800 • Chicago, Illinois 60606-6995 • (312) 899-4853 • FAX (312) 899-1739

MAKING HEALTHY CHOICES AWAY FROM HOME

FAST FOODS: EATING IN AND EATING OUT by Monte Florman and Marjorie Florman and the editors of Consumer Reports. Consumers Union, 1990.

FAST FOOD FACTS: NUTRITION AND EXCHANGE VALUES FOR FAST-FOOD RESTAURANTS by Marion J. Franz. 3rd ed. DCI Publishers, 1990.

THE FAST FOOD DIET: QUICK AND HEALTHY EATING AT HOME AND ON THE GO by Mary Dankersloot. Simon & Schuster, 1991.

THE RESTAURANT COMPANION: A GUIDE TO HEALTHIER EATING OUT by Hope S. Warshaw. Surrey Books, 1990.

SELECTED COOKBOOKS FOR HEALTHY EATING

QUICK & HEALTHY RECIPES AND IDEAS: for people who say they don't have time to cook healthy meals by Brenda J. Ponichtera. 1991.

THE AMERICAN CANCER SOCIETY COOKBOOK: A MENU FOR GOOD HEALTH by Anne Lindsay. Hearst Books, 1988.

AMERICAN HEART ASSOCIATION LOW-SALT COOKBOOK: A COMPLETE GUIDE TO REDUCING SODIUM, AND FAT IN THE DIET edited by Rodman D. Starke and Mary Winston. Times Books, 1990.

THE GUILTLESS GOURMET GOES ETHNIC: LOW IN FAT, CHOLESTEROL, SALT, SUGAR, CALORIES by Judy Gilliard and Joy Kirkpatrick. DCI Pub., 1990.

COOKING LIGHT COOKBOOK SERIES, 1992. Birmingham, AL: Oxmoor House, 1991.

THE HEALTHY HOLIDAY COOKBOOK by Jeannette L. Miller and Carol Van Waardhuizen. 2nd ed. American Heart Association, Iowa Affiliate, 1988.

LIGHT-HEARTED SEAFOOD by Janis Harsil and Evie Hansen. National Seafood Educators, 1989.

THE JOY OF SNACKS by Nancy Cooper. Diabetes Center, 1991.

ALL-AMERICAN LOW-FAT MEALS IN MINUTES: Recipes & Menus for Special Occasions or Everyday by M. J. Smith. DCI Pub., 1990.

RECIPES FOR THE HEART: A NUTRITION GUIDE FOR PEOPLE WITH HIGH BLOOD PRESSURE by Lucy M. Williams. Sandridge Publishers, 1988.

OVER 50 AND STILL COOKING: RECIPES FOR GOOD HEALTH AND LONG LIFE by Edna Langholz et. al. Bristol Publishers, 1990.

MICROWAVE DIET COOKERY by Marcia Cone and Thelma Snyder. Simon & Schuster, 1988.

MORE LEAN AND LUSCIOUS by Bobbie Hinman and Millie Snyder. Prima Pub. & Communications. Distributed by St. Martin's Press. 1988.

SPORTS NUTRITION

NANCY CLARK'S SPORTS NUTRITION GUIDEBOOK by Nancy Clark. Leisure Press, 1990.

EAT TO COMPETE: A GUIDE TO SPORTS NUTRITION by Marilyn S. Peterson and Keith Peterson. Year Book Medical Publishers, 1988.

FOOD FOR SPORT by Nathan J. Smith and Bonnie Worthington-Roberts. Bull Publishing, 1989.

EATING FOR ENDURANCE by Ellen Coleman. Bull Publishing Co., 1988.

NNM 11/91

ON REDUCING FAT AND CHOLESTEROL

THE NEW AMERICAN DIET SYSTEM by Sonja L. and William E. Connor. Simon and Schuster, 1991.

CHOLESTEROL: YOUR GUIDE FOR A HEALTHY HEART by the editors of Consumer Guide. Publications International, 1989.

EATER'S CHOICE: A FOOD LOVER'S GUIDE TO LOWER CHOLESTEROL by Ron Goor and Nancy Goor. Houghton Mifflin, 1989.

EAT FISH, LIVE BETTER by Anne M. Fletcher. Harper & Row, 1989.

LOW FAT, LOW-CHOLESTEROL COOKBOOK by American Heart Association. Random House, 1989.

BEYOND CHOLESTEROL by Peter Kwiterovich. The John Hopkins University Press, 1989.

DR. DEAN ORNISH'S PROGRAM FOR REVERSING HEART DISEASE: The Only System Scientifically Proven to Reverse Heart Disease Without Drugs or Surgery by Dean Ornish. Random House, 1990.

COUNT OUT CHOLESTEROL COOKBOOK: A FEELING FINE BOOK edited by Art Ulene. A. A. Knopf, 1989.

DELICIOUS WAYS TO LOWER CHOLESTEROL developed by Nedra P. Wilson and Susan M. Wood. Oxmoor House, Inc., 1989.

GOOD FAT, BAD FAT: HOW TO LOWER YOUR CHOLESTEROL AND BEAT THE ODDS OF A HEART ATTACK by Glen C. Griffen and William P. Castelli. Fisher Books, 1989.

LOW CHOLESTEROL CUISINE by Anne Lindsay. Hearst Books, 1989.

COOKING A LA HEART by Linda Hachfeld and Betsy Eykyn. Appletree Press, 1991.

CONTROLLING CHOLESTEROL by Kenneth H. Cooper. Bantam Books, 1988.

BE HEART SMART...THE HCF WAY TO A HEALTHY HEART by James W. Anderson. HCF Nutrition Research Foundation, Inc., 1989. Research Foundation, Inc., 1989.

FOR PERSONS WITH DIABETES AND THEIR FAMILIES

THE UCSD HEALTHY DIET FOR DIABETES: A COMPREHENSIVE NUTRITIONAL GUIDE AND COOKBOOK by Susan Algert et.al. Houghton Mifflin, 1990.

AMERICAN DIABETES ASSOCIATION SPECIAL CELEBRATIONS AND PARTIES COOKBOOK by Betty Wedman. Prentice Hall Press, 1989.

MONTH OF MEALS by the American Diabetes Association (ADA), 1989. Contact ADA at: 800-232-3472, extension 363.

ALL NEW COOKBOOK FOR DIABETICS AND THEIR FAMILIES. Oxmoor House, 1989.

CONVENIENCE FOOD FACTS: HELP FOR THE HEALTHY MEAL PLANNER by Arlene Monk and Marion J. Franz. 2nd ed. rev. & expanded. Diabetes Center, 1987.

THE ART OF COOKING FOR THE DIABETIC by Mary Abbott Hess and Katharine Middleton. Rev. ed. New American Library, 1989.

THE AMERICAN DIABETES ASSOCIATION AND THE AMERICAN DIETETIC ASSOCIATION FAMILY COOKBOOK (Family Cookbook Series v. 1-4). Prentice Hall Press, 1980-1991.

FOR THOSE WITH FOOD SENSITIVITIES

THE GLUTEN-FREE GOURMET: Living Well Without Wheat by Betty Hagman. H. Holt, 1990.

LACTOSE INTOLERANCE by Merri Lou Dobler, The American Dietetic Association, 1991.

GLUTEN INTOLERANCE by Merri Lou Dobler, The American Dietetic Association, 1991.

FOOD ALLERGIES by Merri Lou Dobler, The American Dietetic Association, 1991.

DAIRY FREE COOKBOOK by Jane Zukin. Prima Pub. & Communications, 1989.

COOKING FOR PEOPLE WITH FOOD ALLERGIES prepared by Human Nutrition Information Service. U.S. Dept. of Agriculture: Supt. of Docs., U.S. G.P.O., distributor. 1988.

THE MILK SUGAR DILEMMA: LIVING WITH LACTOSE INTOLERANCE by Richard A. Martens and Sherlyn Martens. 2nd ed., rev. and expanded. Medi-Ed Press,1987.

FROM A VEGETARIAN VIEWPOINT

SIMPLY VEGAN: Quick Vegetarian Meals by Debra Wasserman and Reed Mangels. Vegetarian Resource Group, 1991.

MEATLESS MEALS FOR WORKING PEOPLE: QUICK AND EASY VEGETARIAN RECIPES by Debra Wasserman and Charles Stahler. Vegetarian Resource Group, 1990.

LIFE'S SIMPLE PLEASURES: FINE VEGETARIAN COOKING FOR SHARING AND CELEBRATION by Karen Mangum. Pacific Press, 1990.

THE NEW LAUREL'S KITCHEN: A HANDBOOK FOR VEGETARIAN COOKERY & NUTRITION by Laurel Robertson, Carol Flinders & Brian Ruppenthal. Rev. ed. of: Laurel's Kitchen. Ten Speed Press, 1986.

FOR PARENTS

THE NURSING MOTHER'S COMPANION by Kathleen Huggins. Harvard Common Press, 1990.

MICROWAVE COOKING FOR YOUR BABY & CHILD: THE ABCS OF CREATING QUICK, NUTRITIOUS MEALS FOR YOUR LITTLE ONES by Eileen Behan. Villard Books, 1991.

A PARENT'S GUIDE TO EATING DISORDERS: PREVENTION & TREATMENT OF ANOREXIA NERVOSA AND BULIMIA by Brett Valette. Avon Books, 1990.

BABY, LET'S EAT! by Rena Coyle, with Patricia Messing. Workman Publishing, 1987.

FEEDING YOUR BABY: FROM CONCEPTION TO AGE TWO by Louise Lambert-Lagace. Surrey Books, 1991.

A HEALTHY HEAD START: A WORRY FREE GUIDE TO FEEDING YOUNG CHILDREN by Mary Abbott Hess, Anne Elise Hunt, and Barbara Motenko Stone. H. Holt, 1990.

NO-NONSENSE NUTRITION FOR YOUR BABY'S FIRST YEAR by Annette B. Natow, & Jo-Ann Heslin. 2nd ed. Prentice Hall Press, 1988.

HOW TO GET YOUR KID TO EAT...BUT NOT TOO MUCH by Ellyn Satter. Bull Publishing, 1987.

NNM 11/91

FOR PARENTS, CONT.

WINNING WEIGHT LOSS FOR TEENS by Joanne Ikeda. Bull Publishing Co., 1987.

CHILD OF MINE: FEEDING WITH LOVE AND GOOD SENSE by Ellyn Satter. Expanded ed. Bull Pub. Co. Distributed in U.S. by Kampmann, 1986.

BOOKS FOR CHILDREN

KITCHEN FUN FOR KIDS: Healthy Recipes and Nutrition Facts for 7 to 12-Year Old Cooks by Michael Jacobson and Laura Hill. H. Holt, 1991.

YOUNG CHEF'S NUTRITION GUIDE AND COOKBOOK by Carolyn E. Moore, Mimi H. Kerr, Robert J. Shulman. Barron's, 1990.

YOU AND YOUR FOOD by Judy Tatchell and Dilys Wells. EDC Publishing, 1986.

THE BERENSTEIN BEARS AND TOO MUCH JUNK FOOD by Stan & Jan Berenstein. Random House, 1985.

NEWSLETTERS

The information which follows was accurate at the time of printing. Please contact the publisher directly for subscription information.

UNIVERSITY OF CALIFORNIA, BERKELEY
WELLNESS NEWSLETTER
Health Letter Associates
P.O. Box 420148
Palm Coast, FL 32142

ENVIRONMENTAL NUTRITION
2112 Broadway, Suite 200
New York, NY 10023

NUTRITION ACTION HEALTHLETTER
Center for Science in the Public Interest
1875 Connecticut Ave. NW, Suite 300
Washington, DC 20009-5728

CONSUMER REPORTS ON HEALTH
Box 56356
Boulder, CO 80322-6356

MAYO CLINIC HEALTH LETTER
Mayo Foundation for Medical Education & Research
200 First St. SW
Rochester, MN 55905

FDA CONSUMER
Superintendent of Documents
Washington, DC 20402-9371

TUFTS UNIVERSITY DIET & NUTRITION LETTER
53 Park Place
New York, NY 10007

For information on how to order The American Dietetic Association publications write: The American Dietetic Association, Sales Order Dept., 216 W. Jackson Boulevard, Suite 800, Chicago, Illinois 60606-6995.

NNM 11/91

NIDDK

June 1991

Health Professional and Patient Education Publications

The following materials are available from the National Diabetes Information Clearinghouse. Most are available in single copies only. Please use the attached form to order publications.*

Public and Patient Education Materials

Age Page: Dealing with Diabetes, May 1983. (DM-85)
Discusses Type I and Type II diabetes, including symptoms, detection, treatment, and self-help resources. Focuses on diabetes in older adults. Produced by the National Institute on Aging, National Institutes of Health.

Dental Tips for Diabetics, June 1986. (DM-16)
This brochure for people with diabetes discusses the relationship between diabetes and periodontal disease and describes symptoms of periodontal problems and preventive measures. Produced by the National Institute of Dental Research, National Institutes of Health. Also available in Spanish: *Consejos de cuidada dental para diabéticos*, 1990. (DM-108)

The Diabetes Dictionary, January 1989. (DM-84)
An illustrated glossary of over 300 diabetes-related terms. The dictionary provides basic information for people who have diabetes and for their families and friends. Also available in Spanish: *Diccionario de Diabetes*, 1991. (DM-02) (Single copy free; additional copies 50 cents each.)

Diabetic Retinopathy. (DM-20)
Discusses causes, development, and treatment of retinopathy as well as current research. Explains techniques (photocoagulation and vitrectomy) used to treat retinopathy and suggests resources for patients. Single copy only. Bulk quantities available from the National Eye Institute, National Institutes of Health, Bethesda, Maryland 20892.

Insulin-Dependent Diabetes, March 1990. (DM-51)
This booklet explains diabetes and how it develops and describes the differences between the two major forms of diabetes, insulin-dependent (type I) and noninsulin-dependent (type II). Information about the diagnosis of insulin-dependent diabetes, its treatment, and the complications associated with it is provided. Treatment of diabetic emergencies is discussed, as well as recent advances in the management of insulin-dependent diabetes and current research on the disorder. Produced by the National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health. (Single copy free; additional copies 50 cents each.)

Monitoring Your Blood Sugar. (J-09)
Brochure describing the purposes of and techniques for self blood glucose monitoring. Includes information about equipment needed. Produced by the Juvenile Diabetes Foundation International. Single copy only.

*Charges for some publications cover postage and handling.

Noninsulin-Dependent Diabetes, March 1987. (DM-81)

A management guide for people with noninsulin-dependent diabetes. Includes chapters about symptoms and diagnosis of diabetes; diabetes management, including diet, oral drugs, and insulin; glucose monitoring; complications; and special situations and coping with diabetes. A list of resources is included. (Single copy free; additional copies 50 cents each.)

Periodontal Disease and Diabetes, A Guide for Patients, September 1987. (DM-21)

This illustrated guide for people with diabetes discusses dental problems that may occur with diabetes and their prevention and treatment. Periodontal disease, which affects the gum tissue and bone structure that surrounds the teeth, can complicate diabetes management. The pamphlet describes how periodontal disease develops, its early stages, its relationship to diabetes, treatments, and the impact of periodontal disease on diabetes control. Preventive measures, including proper care of the teeth and gums and dental checkups, are described in detail. Produced by the National Institute of Dental Research, National Institutes of Health. Also available in Spanish: *Enfermedad periodontal en los diabéticos--Guía para los pacientes*, 1990. (DM-107)

The Prevention and Treatment of Five Complications of Diabetes, A Guide for Patients with an Introduction to Day-to-Day Management of Diabetes. (DM-99)

This book, written for people who have diabetes, provides a general overview of diabetes and its management and includes guidelines for prevention of five major complications of diabetes: loss of vision, problems during pregnancy, foot problems, kidney damage, and ketoacidosis and high blood sugar. The book was developed by the International Diabetes Center, and the content is adapted from *The Prevention and Treatment of Five Complications of Diabetes, A Guide for Primary Care Practitioners*, developed by the National Diabetes Advisory Board. ($2)

Understanding Gestational Diabetes, October 1989. (DM-27)

This 44-page booklet is a guide for women who develop diabetes during pregnancy. It discusses symptoms and diagnosis of gestational diabetes, risk factors, tests during pregnancy, risks to and care of the newborn, and daily management including the use of insulin and blood glucose monitoring. Guidelines are provided for diet and exercise. The guide includes a glossary and sample forms for recording blood glucose tests and food and exercise information. Produced by the National Institute of Child Health and Human Development (NICHD), National Institutes of Health. (Single copy only; for additional copies contact NICHD, Bethesda, Maryland 20892.)

Professional Materials

CHID Factsheet, 1991. (DM-70)

Describes the purpose, content, and composition of the Combined Health Information Database (CHID), an online reference service for health educators. The factsheet detail show to access CHID through BRS and includes a list of CHID subfiles, with addresses and telephone numbers.

CHID Search Reference Guide, January 1991. (DM-53)

This guide provides detailed instructions for searching the 17 subfiles represented in the Combined Health Information Database (CHID) as of January 1991. Major sections of the manual include: description of CHID and BRS/CHID service information; descriptions of each of the subfiles on CHID, including examples of citations; and guidelines for using each of the data elements in searching. A number of appendices list all of the major codes and elements in the database and illustrate sample searches. ($11; may be purchased as a set with the CHID Word List for a total cost of $15.)

CHID Word List, January 1991. (DM-52)
Part I is an alphabetized listing of all terms currently used as descriptors (major and minor) in CHID subfiles as of January 1991. Terms are followed by the subfile indentifiers in which the term is officially used. Part II contains the subheaders used in the diabetes and VA subfiles. The Word List may be purchased separately or with the CHID Search Reference Guide. (see above) ($8.50)

Detection and Prevention of Periodontal Disease in Diabetes, June 1986. (DM-17)
This guide for primary care physicians provides background information about periodontal disease and its relationship to diabetes; precursors and signs of periodontal disease; other oral disorders associated with diabetes; prevention, detection, and monitoring of periodontal disease; treatment and referral; and patient education principles. Produced by the National Institute of Dental Research, National Institutes of Health.

Diabetes in America, Diabetes Data Compiled 1984, August 1985. (DM-96)
This 680-page report by the National Diabetes Data Group includes detailed statistics about the scope and impact of diabetes in the United States in the mid-1980's. Data are provided on the incidence and prevalence of IDDM and NIDDM in the general population and in specific minority groups, the use of health care resources and therapeutic regimens, major acute and chronic complications of diabetes, and the economic implications of diabetes. ($23)

Diabetes Dateline, Sample issue. (DM-105)
Current awareness newsletter of the National Diabetes Information Clearinghouse. Features articles about diabetes research and control and announces meetings, special events, and new publications and products of interest to people with diabetes and health care professionals.

Diabetes Fact Sheets: State-Specific Estimates of Diabetes Disease Burden, 1990. (DM-109)
This report prepared by the Division of Diabetes Translation, Centers for Disease Control, provides synthetic state-specific estimates based on national data of the diabetes disease burden. Information for the 50 states and District of Columbia is provided.

Diabetes Mellitus, Trans-NIH Research, 1991 Report. (DM-94)
Describes diabetes-related research activities conducted or supported by various Institutes within the National Institutes of Health.

Diabetes-Related Programs for Black Americans: A Resource Guide, May 1990. (DM-44)
This directory lists various health programs that are directed to black Americans or that include a substantial number of blacks in their client populations. The programs listed specifically address diabetes or its complications or include diabetes among the health services offered. The introduction summarizes the diabetes problem in the black American population, and the guide includes a reading list and information about organizations that offer health services to blacks. Produced by the National Diabetes Information Clearinghouse, NIDDK. (Single copy free; additional copies 50 cents each.)

Diet and Exercise in Noninsulin-Dependent Diabetes Mellitus Volume 6, Number 8, December 10, 1986. (DM-91)
Statement from the Consensus Development Conference about the role of diet and exercise in the management of noninsulin-dependent diabetes. The conference was sponsored by the National Institute of Diabetes and Digestive and Kidney Diseases and the Office of Medical Applications of Research, National Institutes of Health. Includes a list of members of the consensus development panel.

Educational Materials Assessment Worksheet. (DM-33)
A form for evaluating the readability, technical accuracy, content, and appropriateness of patient education materials. Includes instructions for the SMOG readability test.

The National Long-Range Plan to Combat Diabetes, 1987. (DM-97)
Presents the recommendations of the National Diabetes Advisory Board for the U.S. Government's diabetes research and control program over the next 10 years. The plan updates the original long-range plan developed by the National Commission on Diabetes in 1976. The 1987 plan includes new recommendations for interdisciplinary research programs, a diabetes translation center, and development of biologic and data resources, as well as continued support for a number of existing programs. Includes budget recommendations.

NDIC Brochure, August 1990. (DM-32)
Describes the purposes, activities, and major informational services of the National Diabetes Information Clearinghouse.

NDIC Compendium, Fifth Edition, March 1990. (DM-06)
Compiled by the National Diabetes Information Clearinghouse, the compendium contains information about diabetes educational programs, materials, and selected pilot and feasibility studies supported by major diabetes organizations, including the American Association of Diabetes Educators, American Diabetes Association, Centers for Disease Control, Indian Health Service, Juvenile Diabetes Foundation International, Diabetes Research and Training Centers, Diabetes Endocrinology Reserach Centers, National Diabetes Advisory Board, National Diabetes Data Group, and National Diabetes Information Clearinghouse. Single copy: $15.

NDIC Thesaurus. (DM-15)
A list of standardized words and phrases used in indexing and searching the NDIC subfile of the Combined Health Information Database (CHID). The thesaurus has an alphabetic display of descriptor terms and a key-word-in-context display for quick-reference use. ($4)

NDIC Bibliographies

Annotated listings of print and nonprint diabetes educational materials in selected topic areas for health care providers and educators and for patients and families. Each bibliography published before 1983 includes a supplement that lists citations from the NDIC collection identified since the bibliography was published. Bibliographic citations include an abstract and information about price, source, and availability. Some citations provide the reading level of the material. Bibliographies are indexed for ease in locating specific items.

Cookbooks for People with Diabetes, September 1988. (DM-01)
Listing of cookbooks that emphasize recipes for people with diabetes. 93 citations; title, author, and subject indexes. ($2)

Diabetes and Kidney Disease, June 1989. (DM-89)
Lists print and nonprint resources for health professionals and patients about diabetic nephropathy. Listings for health care professionals include journal articles, books, Government reports, audiocassettes and videocassettes, slide/tape programs, and medical guides. Materials for patients include cookbooks, magazine articles, books, pamphlets, and films. 125 citations; subject and title indexes. ($2)

Foot Care and Diabetes, May 1989. (DM-08)
Lists print and nonprint materials developed for patients, the general public, and health professionals about foot and skin care and foot complications and their management. Resources include pamphlets, audiovisuals, and foot care products for people with diabetes and journal articles, audiovisuals, and medical guides for health professionals. 114 citations, subject index. ($2)

Pregnancy and Diabetes, December 1990. (DM-12)
Compilation of resources for the general public, people with diabetes, and health professionals. Lists print and nonprint materials, including booklets, reprints, journal articles, medical guides, audiocassettes and videocassettes, films, and slide/tape programs. 81 citations, title and author indexes. ($2)

Sports and Exercise for People with Diabetes, January 1981. (DM-14)
Includes print and nonprint items selected for their potential usefulness to individuals with diabetes, their families, and the general public and technical resources for health care providers, health educators, and others assisting people with diabetes. 47 citations, title and author indexes. 1986 supplement includes 82 citations. ($2)

NDIC Fact Sheets

NDIC Fact Sheets are brief summaries of topics related to diabetes or its management. The fact sheets are available in single copies only, but may be reproduced for multiple distribution.

Diabetes in Blacks (DM-113)
Diabetes in Hispanics (DM-114)
Diabetes Education (Diabetes Research and Training Centers) (DM-115)
Diabetic Neuropathy (DM-116)

Searches-on-File: Topics in Diabetes

Searches-on-File are mini-bibliographies that address specific topics relating to diabetes management and education. They include references from the diabetes subfile of the Combined Health Information Database. ($1 each)

Gestational Diabetes (LS-01)
Diabetes in Children and Young Adults: Materials for Lay People (LS-02)
Teaching Guides for Diabetes Educators (LS-03)
Diabetes Equipment and Supplies (LS-04)
Spanish-Language Materials (LS-05)
Diabetes and Aging: Diagnosis and Therapy (LS-07)
Diabetes Education Materials for Adults with Limited Reading Skills (LS-08)
Materials and Aids for Visually Impaired People with Diabetes (LS-09)
Diet and Nutrition for People with Diabetes (LS-10)
Diabetes in Children and Young Adults: Materials for Health Professionals (LS-11)

NIDDK

June 1991

National Diabetes Information Clearinghouse
Publications Order Form

To order publications, complete this form, clearly indicating item(s) and quantity desired, and fill out the mailing label below. Checks should be made payable to the "National Diabetes Information Clearinghouse." (Please use only U.S. currency.) Please allow 3 to 5 weeks for delivery. Mail this form to: **National Diabetes Information Clearinghouse, Box NDIC, 9000 Rockville Pike, Bethesda, Maryland 20892.***

Public and Patient Publications

(DM85) ☐ Age Page: Dealing With Diabetes (single copy only)

(DM16) ☐ Dental Tips for Diabetics

(DM108) ☐ Consejos de cuidada dental para diabéticos

(DM84) ☐ The Diabetes Dictionary (single copy free; additional copies 50 cents each)

(DM02) ☐ Diccionario de Diabetes (single copy free; additional copies 50 cents each)

(DM20) ☐ Diabetic Retinopathy (single copy only)

(DM51) ☐ Insulin-Dependent Diabetes (single copy free; additional copies 50 cents each)

(J09) ☐ Monitoring Your Blood Sugar (single copy only)

(DM81) ☐ Noninsulin-Dependent Diabetes (single copy free; additional copies 50 cents each)

(DM21) ☐ Periodontal Disease and Diabetes, A Guide for Patients

(DM107) ☐ Enfermedad periodontal en los diabéticos--Guía para los pacientes

(DM99) ☐ The Prevention and Treatment of Five Complications of Diabetes (Patient Guide) ($2)

(DM27) ☐ Understanding Gestational Diabetes (single copy only)

Professional Publications

(DM70) ☐ CHID Factsheet

(DM53) ☐ CHID Search Reference Guide ($11; with CHID Word List, $15)

(DM52) ☐ CHID Word List ($8.50)

(DM17) ☐ Dectection and Prevention of Periodontal Disease in Diabetes

(DM96) ☐ Diabetes in America ($23)

(DM105) ☐ Diabetes Dateline (sample issue)

(DM109) ☐ Diabetes Fact Sheets: State-Specific Estimates of Diabetes Disease Burden, 1990

(DM94) ☐ Diabetes Mellitus, 1991 Report

(DM44) ☐ Diabetes-Related Programs for Black Americans: A Resource Guide (single copy free; additional copies 50 cents each)

(DM35) ☐ Diabetes Surveillance, 1980-1987 (single copy only)

(DM91) ☐ Diet and Exercise in Noninsulin-Dependent Diabetes Mellitus (limit 10 copies)

*Charges for some publications cover postage and handling.

(DM33) ☐ Educational Materials Assessment Worksheet (single copy only)

(DM97) ☐ The National Long-Range Plan to Combat Diabetes, 1987 (single copy only)

(DM32) ☐ NDIC Brochure (single copy only)

(DM06) ☐ NDIC Compendium, 5th Edition, March 1990 ($15)

(DM15) ☐ NDIC Thesaurus ($4)

NDIC Bibliographies

(DM01) ☐ Cookbooks for People with Diabetes ($2)

(DM04) ☐ Diabetes and Aging ($2)

(DM89) ☐ Diabetes and Kidney Disease ($2)

(DM08) ☐ Foot Care and Diabetes ($2)

(DM12) ☐ Pregnancy and Diabetes ($2)

(DM14) ☐ Sports and Exercise for People with Diabetes ($2)

NDIC Fact Sheets

(DM113) ☐ Diabetes in Blacks

(DM114) ☐ Diabetes in Hispanics

(DM115) ☐ Diabetes Education

(DM116) ☐ Diabetic Neuropathy

Searches-on-File: Topics in Diabetes ($1 each)

(LS1) ☐ Gestational Diabetes

(LS2) ☐ Diabetes in Children and Young Adults: Materials for Lay People

(LS3) ☐ Teaching Guides for Diabetes Educators

(LS4) ☐ Diabetes Equipment and Supplies

(LS5) ☐ Spanish Language Materials For People with Diabetes

(LS7) ☐ Diabetes and Aging: Diagnosis and Therapy

(LS8) ☐ Diabetes Education Materials for Adults with Limited Reading Skills

(LS9) ☐ Materials and Aids for Visually Impaired People with Diabetes

(LS10) ☐ Diet and Nutrition for People with Diabetes

(LS11) ☐ Diabetes in Children and Young Adults: Materials for Health Professionals

---

(NOTE: NDIC publications are not under copyright restriction. Additional copies may be duplicated as needed.)

Please send the above information to:

Name:_____

Organization:_____

Address:_____

City:_____ State:_____ ZIP:_____ Amt. Enclosed $_____

☐ Please check if you are not already on the mailing list for *Diabetes Dateline* and wish to be added.

Food and Nutrition Information Center
National Agricultural Library

PUBLICATIONS LIST

Nutri-Topics / Pathfinders:

Nutri-Topics is the new name for the *Pathfinder* series. Beginning in fiscal year 1991, as *Pathfinders* are updated, the name will be changed to *Nutri-Topics*. These publications are brief reading lists designed to help locate information or resources on a given topic. They are available as separate lists of resources appropriate for one or more user levels: consumer, educator, and health professional. Included are print materials and lists of contacts for further information.

Consumer: Individual with no training in nutrition
Educator: Individual with moderate to extensive background in nutrition or related health field who teaches nutrition information to others (includes audiovisuals, if available)
Health Professional: Individual with extensive background in nutrition or related health field who is seeking original research information and/or in-depth review of the topic

Topics include:

Adolescent Pregnancy and Nutrition
Anorexia Nervosa and Bulimia
Children's Literature on Food and Nutrition
Diet and Cancer
Food Allergy, Intolerance, and Sensitivity
Food Safety: Ready-Prepared Foods
Food Safety, Teacher's Guide
Nutrition and Cardiovascular Disease
Nutrition and Diabetes
Nutrition and the Elderly
Nutrition and the Handicapped
Nutrition, Learning and Behavior
Sensible Nutrition
Sports Nutrition
Vegetarian Nutrition
Weight Control

Contact FNIC for single, free copies.
PLEASE SPECIFY THE TOPIC(S) AND USER LEVEL(S) ON THE ATTACHED ORDER FORM.

Quick Bibliographies / Special Reference Briefs:

The *Quick Bibliography Series* and the *Special Reference Briefs Series* of the National Agricultural Library (NAL) are lists of current references on a given topic. *Quick Bibliographies* list materials from the NAL's database, AGRICOLA, while those listed in the *Special Reference Briefs* are selected from several sources (AGRICOLA and other appropriate databases). Contact FNIC for single, free copies.

1) *Adult/Patient Nutrition Education Materials January 1982 - September 1990* (QB 91-29 ,223 Citations)**(UPDATE AVAILABLE WINTER 1992)**

2) *Childhood Obesity and Cardiovascular Disease January 1985 - May 1990* (QB 90-59, 212 Citations) **(UPDATE AVAILABLE WINTER 1992)**

3) *Cultural Perspectives on Food and Nutrition* **(AVAILABLE WINTER 1992)**

4) *Fish Oil: Role of Omega-3s in Health and Nutrition January 1979 - December 1990* (QB 91-74, 210 Citations)

5) *Food Service: Printed Materials and Audiovisuals January 1980 - March 1991* (QB 91-76, 221 Citations) **(UPDATE AVAILABLE WINTER 1992)**

FNIC BIBLIOGRAPHIES/PUBLICATIONS ORDER FORM

Single copies of any **FOUR** of these items are available by request from FNIC.

___ *Adult/Patient Nutrition Education Materials January 1982- September 1990* (QB 91-29) **(UPDATE AVAILABLE WINTER 1992)**
___ *Biotechnology in Food Science and Technology January 1987 - March 1991* (QB 91-98)
___ *Biotechnology in Human Health and Nutrition January 1979 - March 1991* (QB 91-97)
___ *Childhood Obesity and Cardiovascular Disease January 1985-May 1990* (QB 90-59) **(UPDATE AVAILABLE WINTER 1992)**
___ *Cultural Perspectives on Food and Nutrition* **(AVAILABLE WINTER 1992)**
___ *Fish Oil: Role of Omega-3s in Health and Nutrition January 1979 - December 1990* (QB 91-74)
___ *Food & Nutrition Microcomputer Software List*, June 1991
___ *Food Service: Printed Materials and Audiovisuals January 1980 - March 1991* (QB 91-76) **(UPDATE AVAILABLE WINTER 1992)**
___ *Infant Nutrition January 1987-March 1991*
___ *Nutrient Composition of Selected Grains As Food January 1986 - September 1990* (QB 91-34)
___ *Nutrition and AIDS* , May 1991 (SRB 91-07)
___ *Nutrition and the Elderly January 1987-May 1990* (QB 90-78) **(UPDATE AVAILABLE WINTER 1992)**
___ *Nutrition Education Printed Materials and Audiovisuals: Grades Preschool - 6 January 1979-May 1990* (QB 90-81) **(UPDATE AVAILABLE WINTER 1992)**
___ *Nutrition Education Printed Materials and Audiovisuals: Grades 7-12 January 1979-May 1990* (QB 90-80) **(UPDATE AVAILABLE WINTER 1992)**
___ *Nutrition Education Resource Guide: An Annotated Bibliography of Educational Materials for the WIC and CSF Programs Supplement 1* , August 1991
___ *Pesticide Residues in Food* (SRB 90-11), August 1990
___ *Sources of Free or Low-Cost Food and Nutrition Materials*, September 1990 **(UPDATE AVAILABLE WINTER1992)**

NUTRI-TOPICS / PATHFINDERS (Please check the appropriate column below to indicate the level(s) of up to **FOUR** topic(s) you wish to receive. ("N/A" denotes levels that are not available for some topics)):

User Level			Title
Professional	**Educator**	**Consumer**	
___	___	___	Adolescent Pregnancy & Nutrition
___	___	N/A	Anorexia Nervosa and Bullmia
N/A	___	___	Children's Literature on Food and Nutrition
___	___	___	Diet and Cancer
___	N/A	___	Food Allergy, Sensitivity and Intolerance
___	N/A	N/A	Food Safety: Ready-Prepared Foods
N/A	___	N/A	Food Safety, Teacher's Guide
___	___	___	Nutrition and Cardiovascular Disease
___	___	___	Nutrition and Diabetes
___	___	___	Nutrition and the Elderly
N/A	___	___	Nutrition and the Handicapped
___	___	___	Nutrition, Learning and Behavior
N/A	N/A	___	Sensible Nutrition
___	___	___	Sports Nutrition
___	___	___	Vegetarian Nutrition
___	___	___	Weight Control

To ensure quick delivery, clearly print your mailing address in the space to the right, or include a self-addressed mailing label. Return order form to:

Food and Nutrition Information Center
National Agricultural Library, Room 304
Beltsville, MD 20705-2351

9/23/91

6) *Infant Nutrition January 1987 - March 1991* (QB 91-100, 281 Citations)

7) *Nutrient Composition of Selected Grains As Food January 1986 - September 1990* (QB 91-34, 104 Citations)

8) *Nutrition and AIDS*, May 1991 (SRB 91-07, 23 pp.)

9) *Nutrition and the Elderly January 1987 - May 1990* (QB 90-78, 307 Citations) **(UPDATE AVAILABLE WINTER 1992)**

10) *Nutrition Education Printed Materials and Audiovisuals: Grades Preschool - 6 January 1979 - May 1990* (QB 90-81, 327 Citations) **(UPDATE AVAILABLE WINTER 1992)**

11) *Nutrition Education Printed Materials and Audiovisuals: Grades 7 - 12 January 1979 - May 1990* (QB 90-80, 203 Citations) **(UPDATE AVAILABLE WINTER 1992)**

12) *Pesticide Residues in Food*, August 1990 (SRB 90-11, 18 pp.)

Miscellaneous Publications:

These publications may be useful when investigating a particular topic in food and nutrition. Single, free copies are available from FNIC.

1) *Food & Nutrition Microcomputer Software List*, June 1991

2) *Nutrition Education Resource Guide: An Annotated Bibliography of Educational Materials for the WIC and CSF Programs Supplement 1*

3) *Sources of Free or Low-Cost Food and Nutrition Materials*. September 1990 **(UPDATE AVAILABLE WINTER 1992)**

Additional Publications Available

Prepared by Biotechnology Information Center:

1) *Biotechnology in Food Service* (QB 91-98)

2) *Biotechnology in Human Health and Nutrition* (QB 91-97)

Nutri - Topics

Food and Nutrition Information Center
National Agricultural Library
10301 Baltimore Boulevard
Beltsville, MD 20705

Consumer

ISSN: 1053-8887
91-C3

Sensible Nutrition

Commonsense Nutrition

Books (in order by year)

Eating on the Run. Evelyn Tribole. Champaign, IL: Leisure Press. In press. 250 pp.

A Lowfat Lifeline for the 90's: How to Survive in a Fat-Filled World. Valerie Parker. Lake Oswego, OR: Lowfat Publications. 1990. 288 pp.

Dr. Jean Mayer's Diet and Nutrition Guide. Jean Mayer and Jeanne Goldberg. New York, NY: Pharos Books. 1990. 314 pp.

The Mount Sinai School of Medicine Complete Book of Nutrition. Victor Herbert and Genell Subak-Sharpe (eds.). New York, NY: St. Martin's Press. 1990. 796 pp.

The Restaurant Companion. Hope Warshaw. Chicago, IL: Surrey Books. 1990. 314 pp.

The Tufts University Guide to Total Nutrition. Stanley Gershoff with Catherine Whitney. New York, NY: Harper and Row. 1990. 312 pp.

Personal Nutrition. Marie Boyle and Eleanor Whitney. St. Paul, MN: West Publishing Company. 1989. 522 pp.

How to Get Your Kid to Eat . . . But Not Too Much. Ellyn Satter. Palo Alto, CA: Bull Publishing Company. 1987. 396 pp.

Jane Brody's Nutrition Book. Jane Brody. New York, NY: Bantam Books. 1987. 552 pp.

The resources listed are judged to be accurate, readable, and available. Opinions expressed in the publications do not necessarily reflect the views of the U.S. Department of Agriculture. *Nutri-Topics* replaces the FNIC *Pathfinder* series and is issued in three editions: Consumer, Educator, and Health Professional/Researcher.

Booklets/Pamphlets (in order by year)

Nutrition and Your Health: Dietary Guidelines for Americans. 3rd edition. U.S. Department of Agriculture and U.S. Department of Health and Human Services. 1990. 27 pp. Available from Consumer Information Center, Dept. 514-X, Pueblo, CO 81009.

Ten Tips to Healthy Eating. 1990. 8 pp. Available from The American Dietetic Association, National Center for Nutrition and Dietetics, 216 West Jackson Boulevard, Chicago, IL 60606-6995. (312) 899-0040.

Eating Better When Eating Out Using the Dietary Guidelines. U.S. Department of Agriculture. 1989. 20 pp. Item No. 123-W. Available from Consumer Information Center, Pueblo, CO 81009.

Good Sources of Nutrients. 17 Fact Sheets on Vitamins, Minerals and Dietary Fiber. U.S. Department of Agriculture. 1989. Item No. 171-W. Available from Consumer Information Center, Pueblo, CO 81009.

Making Bag Lunches, Snacks and Desserts Using the Dietary Guidelines. U.S. Department of Agriculture. 1989. 32 pp. Item No. 124-W. Available from Consumer Information Center, Pueblo, CO 81009.

Preparing Foods and Planning Menus Using the Dietary Guidelines. U.S. Department of Agriculture. 1989. 32 pp. Item No. 125-W. Available from Consumer Information Center, Pueblo, CO 81009.

Shopping for Food and Making Meals in Minutes Using the Dietary Guidelines. U.S. Department of Agriculture. 1989. 32 pp. Item No. 126-W. Available from Consumer Information Center, Pueblo, CO 81009.

Nutrition Misinformation

Books (in order by year)

Health Schemes, Scams, and Frauds. Stephen Barrett and the editors of Consumer Reports. Mount Vernon, NY: Consumers Union. 1990. 245 pp.

Unconventional Cancer Treatments, Summary. Congress of the United States, Office of Technology Assessment. 1990. 32 pp. Available from Superintendent of Documents, Government Printing Office, Washington, D.C. 20402-9325

Popular Nutritional Practices. Jack Yetiv. New York, NY: Dell Publishing. 1988. 400 pp.

Real Food, Fake Food and Everything In Between. Geri Harrington. New York, NY: Macmillan Publishing Company. 1987. 381 pp.

The New Honest Herbal. Varro E. Tyler. Philadelphia, PA: George F. Stickley Company. 1987. 254 pp.

Booklets/Pamphlets (in order by year)

Unproven Methods of Cancer Management: Macrobiotic Diets for the Treatment of Cancer. 1989. 3 pp. Available from American Cancer Society, 1599 Clifton Road, NE, Atlanta, GA 30329. (404) 320-3333.

Alphabet Soup: Nutrients from Food and Supplements. 1987. 12 pp. Available from The American Dietetic Association, National Center for Nutrition and Dietetics, 216 West Jackson Boulevard, Chicago, IL 60606-6995. (312) 899-0040.

Nutrition Myth-Information. 1983. 8 pp. Available from National Dairy Council, 6300 North River Road, Rosemont, IL 60018-4233. (312) 696-1860, ext. 220.

Journal Articles (in order by year)

"Nutrition quackery: recent trends and tidbits." Stephen Barrett. *Nutrition Forum*, 7(4):25-29. July/August 1990.

"Contrary to popular 'nutritional' belief . . ." *Tufts University Diet & Nutrition Letter*, 5(11):3-6. January 1988.

"Designer diets." Joanne Silberner. *U. S. News and World Report*, 104(6):73-85. February 15, 1988.

"Sorting out the sense from the nonsense." Joanne Silberner. *U. S. News and World Report*, 104(6):86. February 15, 1988.

"Seeking a nutrition counselor? how to tell the pros from the quacks." Susan Smith. *Environmental Nutrition*, 10(10):1-3. November 1987.

Selected Periodicals on Sensible Nutrition

Cooking Light. Southern Living, Inc., P.O. Box C-549, Birmingham, AL 35282-9990. (800) 336-0125.

Cooking Light Cookbook. Oxmoor House, P.O. Box 2463, Birmingham, AL 35201. (800) 633-4910.

Eating Well. Eating Well Magazine, P.O. Box 1001, Charlotte, VT 05445. (800) 344-3350.

Environmental Nutrition. Environmental Nutrition Inc., 2112 Broadway, Suite 200, New York, NY 10023. (212) 362-0424.

F.D.A. Consumer. Superintendent of Documents, Washington, DC 20402-9371. (301) 443-3220.

Mayo Clinic Nutrition Letter. Mayo Foundation for Medical Education and Research, 200 First St., SW, Rochester, MN 55905. (800) 888-3968.

Tufts University Diet & Nutrition Letter. Tufts University Diet & Nutrition Letter, P.O. Box 57857, Boulder, CO 80322-7857. (800) 274-7581, in Colorado (303) 447-9330.

University of California, Berkeley, Wellness Letter. Wellness Letter, School of Public Health, University of California, Berkeley, CA 94720. (415) 642-8061.

Selected Cookbooks (in order by year)

The New American Diet System. Sonya Connor and William Connor. New York, NY: Simon and Schuster. 1991. 574 pp.

All-American Low-Fat Meals in Minutes. M. J. Smith. Minnetonka, MN: DCI Publishing. 1990. 315 pp.

Cooking Light. Birmingham, AL: Oxmoor House. 1990. 319 pp.

The Guiltless Gourmet Goes Ethnic, Italian, French, Mexican, Spanish and Cajun Cuisine for the Health Conscious Cook. Judy Gillard and Joy Kirkpatrick. Minnetonka, MN: DCI Publishing. 1990. 219 pp.

The Good-for-Your-Health All-Asian Cookbook. Marie Wilson. Rutland, VT: C.E. Tuttle. 1989. 360 pp.

More Lean and Luscious. Bobbie Hinman and Millie Snyder. Rocklin, CA: Prima Publishing and Communications. 1988. 461 pp.

Jane Brody's Good Food Book. Jane Brody. New York, NY: Bantam Books. 1987. 700pp.

The Joy of Snacks. Nancy Cooper. Minnetonka, MN: DCI Publishing. 1987. 269 pp.

Eat Well, Be Well Cookbook. Metropolitan Life Insurance Company. New York, NY: Simon and Schuster. 1986. 214 pp.

Contacts for Assistance

Local Contacts (listed in the telephone directory)	Ask for the:
Cooperative Extension Service	Home Economist
Health Department	Nutritionist
Hospital	Registered Dietitian
Nutrition Consultant	Registered Dietitian or Licensed Dietitian or Licensed Nutritionist

National Contacts

American Dietetic Association, National Center for Nutrition and Dietetics, 216 West Jackson Blvd., Suite 800, Chicago, IL 60606-6995. (312) 899-4854.

Consumer Health Information Research Institute (CHIRI), 3521 Broadway, Kansas City, MO 64111. (800) 821-6671.

Food and Drug Administration, Office of Consumer Affairs, 5600 Fishers Lane, Room 1663, Rockville, MD 20857. (301) 443-3170.

Food and Nutrition Information Center, National Agricultural Library, Room 304, 10301 Baltimore Blvd., Beltsville, MD 20705-2351. (301) 344-3719.

National Council Against Health Fraud, P.O. Box 1276, Loma Linda, CA 92354. (714) 824-4690.

Penn State Nutrition Center, Ruth Bldg., 417 E. Calder Way, University Park, PA 16801-5663. (814) 865-6323.

Acknowledgements are made to the following reviewers:

- Lois Fulton, M.S., R.D., Supervisory Home Economist, Nutrition Education Division, Human Nutrition Information Service, U.S. Department of Agriculture.
- Barbara Gewirtz, M.S., R.D., Associate Editor/Nutritionist, Nutrition, Diet and Fitness Center, Good Housekeeping Institute.
- Martha Taylor, Ph.D., R.D., Assistant Professor, Dept. of Human Nutrition and Food Systems, University of Maryland.
- Evelyn Tribole, M.S., R.D., Consulting Nutritionist and Food and Nutrition Editor, *Shape Magazine*.

This *Nutri-Topics* was compiled by Joanna R. Arpee,
Graduate Assistant, University of Maryland 1991

Pathfinder

Food and Nutrition Information Center
National Agricultural Library
10301 Baltimore Boulevard
Beltsville, MD 20705

Consumer

Nutrition and Diabetes

1990

Books and Booklets (in order by year)

Selected Diabetes and Nutrition Education Resources: For the Person With Diabetes. Diabetes Care and Education; An American Dietetic Association Practice Group. Chicago, IL: American Dietetic Association. 1989. 27 pp.

The Art of Cooking for the Diabetic. 2nd Edition. K. Middleton and M.A. Hess. Chicago, IL: Contemporary Books, Inc. 1988. 479 pp.

Como Escoger Alimentos Saludables. American Diabetes Association and The American Dietetic Association. Alexandria, VA: American Diabetes Association. Chicago, IL: The American Dietetic Association. 1988. 2 pp.

Exchange List for Meal Planning. American Diabetes Association and The American Dietetic Association. Alexandria, VA: American Diabetes Association. Chicago, IL: The American Dietetic Association. 1988. 32 pp.

Everyone Likes to Eat. Joslin Diabetes Center. Boston, MA: Joslin Diabetes Center. 1988. 136 pp.

Healthy Food Choices. American Diabetes Association and The American Dietetic Association. Alexandria, VA: American Diabetes Association. Chicago, IL: The American Dietetic Association. 1988. 2 pp.

Managing Type II Diabetes: Your Invitation to a Healthier Lifestyle. Arlene Monk, Sue Adolphson, Priscella Hollander and Richard Bergenstal. Minneapolis, MN: International Diabetes Center. 1988. 148 pp.

This *Pathfinder* lists resources judged to be accurate, readable, and available. The opinions expressed in the publications do not necessarily reflect the views of the U.S. Department of Agriculture.

Convenience Food Facts: Help for the Healthy Planner. Arlene Monk and Marion Franz. Minneapolis, MN: International Diabetes Center. 1987. 188 pp.

Diabetic Cooking With International Flair. Ann Watson and Sue Lousley. AZ: The Body Press. 1987. 128 pp.

Exchanges for All Occasions. Marion Franz. Minneapolis, MN: International Diabetes Center. 1987. 249 pp.

Fast Food Facts, Nutritive and Exchange Values for Fast-Food Restaurants. Marion Franz. Minneapolis, MN: International Diabetes Center. 1987. 54 pp.

The American Diabetes Association and The American Dietetic Association Family Cookbook. American Diabetes Association and The American Dietetic Association. Alexandria, VA: American Diabetes Association; Chicago, IL: The American Dietetic Association. 1987. Vol. I, 388 pp.; Vol. II, 452 pp.; Vol. III, 434 pp.

Learning to Live Well with Diabetes. D. Etzwiler, et al. Minneapolis, MN: International Diabetes Center. 1985. 394 pp.

American Diabetes Association Holiday Cookbook. Betty Wedman. New York: Prentice Hall Press. 1986. 219 pp.

A Guide for Women with Diabetes Who are Pregnant or Plan to Be. Jane Folkman and Hugo Hollerworth. Boston, MA: Joslin Diabetes Center. 1985. 147 pp.

Serial Publications

Diabetes Forecast. Magazine published monthly by the American Diabetes Association, Inc., 1600 Duke St., Alexandria, VA 22314.

Diabetes '90. Newsletter for people who live with diabetes. Published quarterly by the American Diabetes Association, Inc., 1660 Duke St., Alexandria, VA 22314. Free.

Contacts for Assistance

National Contacts

American Diabetes Association, 1660 Duke Street, Alexandria, VA 22314. (703) 549-1500; Toll free number: 1-800-ADA-DISC.

Diabetes Care and Education Practice Group. American Dietetic Association, 430 North Michigan Avenue, Chicago, IL 60011. (312) 280-5000.

National Contacts, continued

Food and Nutrition Information Center, NAL, USDA. Beltsville, MD 20705. (301) 344-3719.

Juvenile Diabetes Foundation, 60 Madison Avenue, New York, NY 10010. (212) 889-7575.

National Diabetes Information Clearinghouse, Box NDIC, Bethesda, MD 20205. (301) 468-2162.

Local Contacts (listed in telephone directory)	Ask for the:
Health Department (city, county, or state)	Nutritionist
Diabetes Association (city or state)	Health Educator
Hospital	Registered Dietitian or Certified Diabetes Educator
College or University:	
Department of Home Economics, Nutrition or Dietetics	Nutrition Instructor
Extension Services	Home Economist
TEL-MED (information on health and disease issues)	Recording

Acknowledgements are made to the following reviewers:

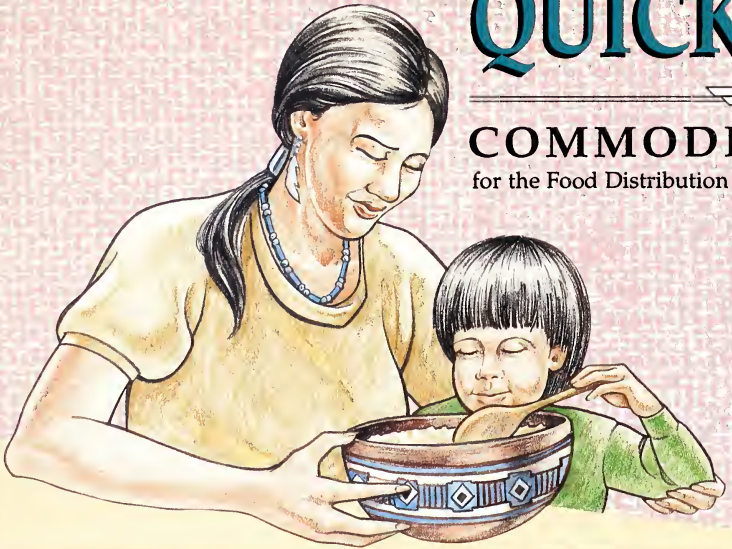
- Dr. Sam Bhathena, USDA, Agricultural Research Center.
- Beverly N. Halford, M.P.H., R.D., C.H.E., Nutrition Consultant, Joslin Diabetes Center.

This *Pathfinder* was compiled by Michelle Rubin, University of Maryland

QUICK & EASY

COMMODITY RECIPES

for the Food Distribution Program on Indian Reservations



United States Department of Agriculture

Food and Nutrition Service
PA-1449

Document Delivery Services Branch
USDA, National Agricultural Library
Nal Bldg.
10301 Baltimore Blvd.
Beltsville, MD 20705-2351

Use of commercial names does not imply approval
or endorsement by USDA.

April 1990

Preface

To the Cook, the Baker, and All the Food Makers

This collection of recipes was gathered specially for American Indians who get commodity foods from the Food Distribution Program on Indian Reservations. American Indians and people who work with them from all over the country sent us some great recipes for using United States Department of Agriculture (USDA) commodity foods. A list of contributors is inside the back cover. From the recipes we received, we picked the ones for this book that:

- taste good
- use commodities for at least half of the ingredients
- use few pots and pans
- are quick and easy to make

All of the recipes have been tested with commodity ingredients. After each recipe was made, it was taste-tested by American Indians from several different tribes.

This is not a diet recipe book. However, many recipes were changed to use less sugar, fat, and salt than usual, but still taste good. As a result, some of the recipe names changed too. The USDA commodity foods used in each recipe are typed in bold letters. The amount of calories, carbohydrates, protein, fat, and sodium for one serving is given at the end of each recipe. This feature will help you to plan and serve healthy

meals. Make each recipe as it is in this recipe book. If you change a recipe or the size of the servings, the nutrient information will change too.

People who are on special diets and need to be more careful about eating too much sugar, fat, or salt should talk to their doctor, nutritionist, or dietitian.

The meals you cook using these recipes and commodity foods should be nutritious and taste good. Some of the recipes are old and some are new. But all of the recipes should be quick and easy to do.

"May the warm winds of heaven
Blow softly on your house
May the Great Spirit
Bless all who enter in."

Anonymous

Contents

Recipes

Biscuits, Breads, Cereals, Dumplings, and Muffins 1
Fruits and Vegetables - Hot and Cold 13
Meat and Fish Main Dishes - Baked in the Oven 24
Meat and Fish Main Dishes - Cooked on the Stove 33
Soups and Stews 37
Gravies, Sauces, Spreads, Syrups, and Toppings 43
Beverages, Snacks, and Special Occasion Foods 57

Healthy Food Habits

Seven Ways to Eat for Better Health 71
Plan Meals for Better Health 72
Cook for Better Health 73
A Pattern for Daily Food Choices 74
Meal Ideas 75

Using Commodity Foods

Some Available Commodity Foods 76
How Much or How Many Are There? 77
Making Convenience Foods From Commodities 78
Using One Food in Place of Another 79

Spices and Other Foods To Have on Hand 80

Recipe Index 81

Acknowledgments



Biscuits, Breads, Cereals, Dumplings, and Muffins



Honey-Cornmeal Drop Biscuits

1

Makes 10 biscuits

1¾ cups master mix (recipe 12)
½ cup **Cornmeal**
½ cup **Milk,** made from nonfat dry milk powder
2 tablespoons **Honey**

1. Mix all ingredients until a soft dough forms; then beat with a spoon for 30 seconds.
2. Drop dough by rounded spoonfuls onto an ungreased cookie sheet.
3. Bake at 450°F for 10-12 minutes, until brown.

Nutrition information for 1 biscuit

Calories = 151 Carbohydrates = 21 grams Protein = 3 grams Fat = 6 grams Sodium = 87 milligrams

Whole-Wheat Flour Tortillas



Makes 10 tortillas

1½ cups **Whole-Wheat Flour**
2½ cups **All-Purpose Flour**
½ cup **Nonfat Dry Milk** powder
1 tablespoon plus ¾ teaspoon baking powder
½ cup **Shortening**
1 cup warm water

1. Combine both flours, dry milk powder, and baking powder in a bowl.
2. Blend in shortening with a fork until mixture looks crumbly.
3. Slowly add warm water to mixture, using one hand to work it into a dough.
4. Divide dough into 10 medium-sized balls. Roll out each ball of dough on a clean cloth until round, flat, and thin.
5. Cook both sides on a moderately hot griddle without oil until light brown.

Nutrition information for 1 tortilla

Calories = 274 Carbohydrates = 38 grams Protein = 7 grams Fat = 11 grams Sodium = 165 milligrams

Whole-Wheat Flour Tortillas - No Fat



Makes 10 tortillas

1½ cups **Whole-Wheat Flour**
2½ cups **All-Purpose Flour**
½ cup **Nonfat Dry Milk** powder
1 tablespoon baking powder
1½ to 2 cups warm water

1. Combine both flours, dry milk powder, and baking powder in a bowl.
2. Slowly add warm water to mixture, using one hand to work it into a dough. Use enough water so that the dough has the right texture and firmness.
3. Divide dough into 10 medium-sized balls. Roll out each ball on a clean cloth until round, flat, and thin.
4. Cook both sides on a moderately hot griddle without oil until light brown.



Nutrition information for 1 tortilla

Calories = 183 Carbohydrates = 38 grams Protein = 7 grams Fat = 0 Sodium = 165 milligrams

Whole-Wheat Oatmeal Pancakes



Makes 10 pancakes, 4 inches each

¾ cup **Rolled Oats** *or* **Rolled Wheat**
2 cups water
¾ cup **All-Purpose Flour**
¾ cup **Whole-Wheat Flour**
½ cup **Nonfat Dry Milk** powder
½ cup **Dry Egg Mix**
2 tablespoons sugar
1 tablespoon baking powder
¼ teaspoon salt
¼ cup **Oil**

1. Add oats to the water and let stand 5 minutes.
2. Sift together both flours, dry milk powder, dry egg mix, sugar, baking powder, and salt. Add to oats. Stir only until combined.
3. Add oil to oats mixture. Stir only until combined.
4. Cook on a hot, lightly oiled griddle or fry pan until golden brown. Turn once when tops are covered with bubbles and edges look dry.



Nutrition information for 1 pancake

Calories = 189 Carbohydrates = 23 grams Protein = 6 grams Fat = 8 grams Sodium = 241 milligrams

Better Than Just Oatmeal



Makes 4 servings, ¾ cup each

1 cup **Rolled Oats**
½ cup **Orange Juice**
1 tablespoon **Honey**
2 tablespoons **Peanuts,** chopped
¼ cup **Evaporated Milk**
¼ cup **Raisins** (optional)

1. Combine all ingredients in a small bowl. Mix well.
2. Cover and refrigerate at least 8 hours or overnight.
3. Serve plain or with milk.

This tastes great. Try it as a summer breakfast instead of a hot cereal. It is a filling snack, too.



Nutrition information for each ¾ cup serving

Calories = 183 Carbohydrates = 31 grams Protein = 6 grams Fat = 5 grams Sodium = 39 milligrams

Granola



Makes 24 servings, ⅓ cup each

½ cup **Honey**
¼ cup margarine *or* **Butter,** melted
3 cups **Rolled Oats** *or* **Rolled Wheat**
½ cup **Nonfat Dry Milk** powder
¼ cup **Whole-Wheat Flour**
1 cup **Peanuts,** chopped
1 teaspoon cinnamon *or* nutmeg (optional)
1 cup cut-up dried, pitted **Prunes** *or* **Raisins**

1. Stir honey into melted butter.
2. In a large bowl, combine oats, dry milk powder, flour, peanuts, and cinnamon.
3. Stir honey mixture into dry ingredients. Stir until evenly coated.
4. Bake in shallow pan at 300°F for 20 minutes. Stir every 5 minutes.
5. Remove oatmeal mixture from oven. Stir in prunes or raisins.
6. Cool and store in an airtight container.



Nutrition information for each ⅓ cup serving

Calories = 137 Carbohydrates = 20 grams Protein = 4 grams Fat = 6 grams Sodium = 54 milligrams

Hot Cereal Mix

Makes about 24 servings of cooked cereal, ½ cup each

2½ cups **Rolled Oats**
1 cup **Nuts,** chopped
1 cup **Farina**
1 cup **Whole-Wheat Flour**
½ cup **Nonfat Dry Milk** powder
1 cup **Raisins,** *or* cut-up dried, pitted **Prunes**

1. Mix everything together.
2. Store in an airtight container until ready to cook.

Makes 6 cups of dry cereal mix.

To Cook the Cereal:

1. Boil 1½ cups water.
2. Stir in 1 cup of dry cereal mix.
3. Reduce heat. Cook and stir for about 3 minutes.
4. Serve with milk and fruit or honey, if desired.

1 cup dry cereal makes 4 servings of cooked cereal, ½ cup each.

Nutrition information for each ½ cup serving

Calories = 135 Carbohydrates = 22 grams Protein = 5 grams Fat = 4 grams Sodium = 35 milligrams

Farina Dumplings



Makes 20 dumplings

2 teaspoons margarine *or* **Butter**
2½ cups water
2 cups **Instant Potato Flakes**
2 tablespoons onion, chopped
½ cup **Dry Egg Mix**
½ cup **Farina**
½ cup **Whole-Wheat Flour**

1. Measure butter and water into a large saucepan. Heat.
2. When water starts to boil, remove saucepan from the heat. Stir in potato flakes and chopped onion.
3. Measure, then mix together the dry egg mix, farina, and flour.
4. Stir dry mixture into potato mixture.

To Cook the Dumplings:

1. Measure 2 quarts of water into a large saucepan. Bring to a boil.
2. Drop dumpling mix 1 tablespoon at a time into water.
3. When dumplings come to the surface, lower the heat, cover pan, and let cook for 5 minutes.
4. Remove dumplings from water with a slotted spoon. Serve with milk gravy (recipe 44) or cheese sauce (recipe 47). Dumplings can also be cooked in stews or in soups.



Nutrition information for 1 dumpling

Calories = 62 Carbohydrates = 10 grams Protein = 2 grams Fat = 2 grams Sodium = 34 milligrams

Cereal Muffins

Makes 12 muffins

¾ cup **All-Purpose Flour**
½ cup **Whole-Wheat Flour**
1 tablespoon baking powder
¼ teaspoon salt
1 teaspoon cinnamon
1 cup **Ready-To-Eat Cereal** (unsweetened), crushed
1 cup **Milk,** made from nonfat dry milk powder
2 tablespoons **Honey** *or* **Corn Syrup**
¼ cup **Dry Egg Mix**
¼ cup water
3 tablespoons **Oil**
½ cup **Raisins**

1. Turn on oven to 400°F. Lightly oil muffin pans.
2. Stir together both flours, baking powder, salt, and cinnamon. Set aside.
3. Put cereal and milk into a large mixing bowl. Stir to combine. Let cereal stand 1 to 2 minutes to get soft.
4. Add honey or corn syrup, dry egg mix, water, oil, and raisins to cereal mixture. Mix well.
5. Add flour mixture to cereal mixture. Stir until just moist.
6. Fill muffin pans to make 12 muffins. Bake for 20-25 minutes, until tops are light brown.

Nutrition information for 1 muffin

Calories = 132 Carbohydrates = 20 grams Protein = 3 grams Fat = 5 grams Sodium = 174 milligrams

Cornmeal - Whole-Wheat Muffins



Makes 12 muffins

1 cup **Whole-Wheat Flour**
2½ teaspoons baking powder
1 cup **Cornmeal**
¼ teaspoon cinnamon
¼ cup **Dry Egg Mix**
⅓ cup **Nonfat Dry Milk** powder
1 cup water
⅓ cup **Honey**
¼ cup **Oil**

1. Turn on oven to 400°F. Lightly oil muffin pans.
2. Mix in one large bowl the flour, baking powder, cornmeal, cinnamon, dry egg mix, and dry milk powder.
3. Mix separately the water, honey, and oil. Add all at once to dry ingredients. Stir until just moist.
4. Fill muffin pans to make 12 muffins.
5. Bake for 25 minutes, until tops are light brown.



Nutrition information for 1 muffin

Calories = 166 Carbohydrates = 26 grams Protein = 4 grams Fat = 6 grams Sodium = 99 milligrams

Pumpkin Muffins

Makes 12 muffins

1½ cups **Whole-Wheat Flour**
¾ teaspoon cinnamon
½ teaspoon ginger
½ teaspoon nutmeg
1¼ teaspoons baking soda
½ cup **Raisins**
⅓ cup **Peanuts,** chopped
½ cup **Dry Egg Mix**
½ cup water
½ cup **Oil**
½ can **Pumpkin**

1. Turn on oven to 400°F. Lightly oil muffin pans.
2. Measure dry ingredients into a large bowl. Stir until well mixed.
3. In a different bowl stir water, oil, and pumpkin together until smooth.
4. Add pumpkin mixture to dry ingredients. Stir until just moist. Do not beat.
5. Fill muffin pans to make 12 muffins.
6. Bake for 20 minutes, until tops are light brown.

Nutrition information for 1 muffin

Calories = 207 Carbohydrates = 19 grams Protein = 5 grams Fat = 13 grams Sodium = 173 milligrams

Whole-Wheat Master Mix



Makes about 12 cups of dry mix

4 cups **All-Purpose Flour**
4 cups **Whole-Wheat Flour**
¼ cup baking powder
2 cups **Nonfat Dry Milk** powder
2 cups **Shortening**

1. Measure both flours, baking powder, and dry milk powder into a large bowl. Mix together very well.
2. Cut in shortening with a fork until mixture looks coarse, like cornmeal.
3. Store in a tightly covered container at room temperature.
4. Use, as needed, when listed in other recipes.





Fruits and Vegetables - Hot and Cold



Hot Spicy Fruit



Makes 6 servings

1 can **Peaches**
1 can **Pears**
3 tablespoons **Honey**
1 teaspoon cinnamon

1. Drain both fruits. Throw syrup away.
2. Combine drained fruits in a 1½-quart baking dish.
3. Mix together honey and cinnamon; spoon over fruits.
4. Cover and bake at 350°F about 25 minutes *or* until thoroughly heated; stir once during baking.

Serve warm with poultry, pork, ham, or beef.

Nutrition information for 1 serving

Calories = 85 Carbohydrates = 23 grams Protein = less than 1 gram Fat = 0 Sodium = 5 milligrams

Plum Applesauce



Makes 10 servings, ½ cup each

1 can **Plums**
1 can **Applesauce**
½ cup **Raisins**

1. Drain plums. Throw syrup away. Rinse plums with water. Drain again.
2. Take out the pits, if necessary.
3. Chop plums into tiny pieces and mash with a fork, *or* put plums in a blender and blend until smooth.
4. Mix plums with applesauce. Chill in refrigerator.
5. Before serving, sprinkle raisins on top.

Serve cold.



Nutrition information for each ½ cup serving

Calories = 58 Carbohydrates = 15 grams Protein = less than 1 gram Fat = 0 Sodium = 7 milligrams

Rice and Fruit Pudding

15

Makes 5 servings, ½ cup each

1 can **Apricots,** chopped
1 cup liquid, use syrup from apricots plus water
½ cup **Rice,** uncooked
1 tablespoon margarine *or* **Butter**
¼ teaspoon cinnamon
¼ cup **Honey**

1. Drain apricots. Save the syrup in a measuring cup.
2. Add water to the syrup to make 1 cup of liquid. Bring the liquid to a boil in a small pot.
3. Stir rice into liquid. Bring to a boil again.
4. Add apricots, butter, and cinnamon to rice mixture.
5. Reduce heat and cover the pot. Simmer for about 20 minutes.
6. Stir in honey. Cover pot again and let it sit without heat for 15 minutes. The rice will finish cooking in its own steam.

As a change try other canned fruit, too.

Nutrition information for each ½ cup serving

Calories = 174 Carbohydrates = 38 grams Protein = 2 grams Fat = 2 grams Sodium = 28 milligrams

Cheesy Baked Potatoes and Spinach

16

Makes 8 servings, ½ cup each

2 cups water
1 tablespoon onion, finely chopped
2 tablespoons margarine *or* **Butter**
1½ cups **Instant Potato Flakes**
¼ cup **Nonfat Dry Milk** powder
¼ cup **Dry Egg Mix**
¼ teaspoon pepper
¾ cup **Cheese,** grated
1 can **Spinach**

1. Put water, onion, and butter in a saucepan.
2. Heat until water boils. Remove saucepan from heat.
3. While water is heating, mix potato flakes, dry milk, dry egg mix, and pepper together in a bowl.
4. Add potato flake mixture to boiling water. Stir until liquid is absorbed.
5. Stir cheese into potatoes.
6. Drain spinach. Press out any extra liquid.
7. Put spinach in the bottom of an oiled 8- by 8-inch pan.
8. Spread potato mixture over the top of the spinach.
9. Bake at 425°F for 20 minutes, *or* until top is light brown. Serve hot.

Nutrition information for each ½ cup serving

Calories = 167 Carbohydrates = 25 grams Protein = 7 grams Fat = 5 grams Sodium = 357 milligrams

Green Bean Casserole



Makes 8 servings, ½ cup each

1 can **Green Beans**
2 tablespoons margarine *or* **Butter**
⅛ teaspoon garlic powder
1 medium onion, chopped
1 small green pepper, chopped
2 tablespoons pimiento (optional)
1 can **Tomatoes,** chopped
1 teaspoon hot sauce (optional)
1 cup **Cheese,** grated

1. Drain beans. Throw liquid away.
2. Rinse beans with water. Drain again and put in a baking dish.
3. Melt margarine *or* butter in skillet.
4. Add garlic powder, onion, green pepper, and pimiento to butter. Cook 5 minutes.
5. Add tomatoes and hot sauce to mixture in skillet. Mix well.
6. Pour over green beans.
7. Sprinkle cheese on top of casserole.
8. Bake at 350°F for 20 to 25 minutes.

Serve hot.



Nutrition information for each ½ cup serving

Calories = 103 Carbohydrates = 6 grams Protein = 4 grams Fat = 8 grams Sodium = 406 milligrams

Green Pea and Cheese Salad

18

Makes 5 servings, ½ cup each

1 can **Green Peas**
½ cup **Cheese,** diced
2 tablespoons onion, finely chopped
2 tablespoons celery, finely chopped
1 tablespoon pickle relish
¼ cup salad dressing

1. Drain peas. Throw liquid away.
2. Rinse peas with water. Drain again and put peas in a bowl.
3. Mix all other ingredients together.
4. Pour over peas.
5. Chill in refrigerator.

Using yogurt in place of salad dressing will reduce fat in this recipe.

Using fresh, chopped green pepper in place of relish will reduce sodium in this recipe.

Keep leftovers in refrigerator.

Nutrition information for each ½ cup serving
Calories = 147 Carbohydrates = 11 grams Protein = 6 grams Fat = 9 grams Sodium = 415 milligrams

Pineapple or Orange Sweet Potatoes

Makes 4 servings, ½ cup each

1 can **Sweet Potatoes**
¼ cup canned **Pineapple** *or* **Peaches** *or* **Pears**
½ cup **Pineapple** *or* **Orange Juice**
⅛ teaspoon cinnamon *or* nutmeg
2 tablespoons **Honey**
2 teaspoons margarine *or* **Butter,** melted
¼ cup **Raisins** (optional)

1. Drain sweet potatoes and fruit. Throw syrup away. Rinse sweet potatoes and fruit with water. Drain again.
2. Mash sweet potatoes in a medium-sized bowl.
3. Cut fruit into small pieces.
4. Add fruit, juice, and one spice to sweet potatoes. Beat together with a fork.
5. Put potato mixture into a lightly oiled 1-quart casserole.
6. Top potato mixture with honey, butter, and raisins if desired.
7. Bake without a lid at 350°F for 30 minutes, *or* until light brown.

Nutrition information for each ½ cup serving
Calories = 155 Carbohydrates = 34 grams Protein = 1 gram Fat = 2 grams Sodium = 49 milligrams

Scalloped Corn



Makes 10 servings, ½ cup each

1 cup **Dry Egg Mix**
1 cup water
2 cans **Cream-Style Corn**
1 medium onion, chopped
1 cup **Rolled Oats**
2 tablespoons **Evaporated Milk**
¼ teaspoon pepper

1. Turn on oven to 350°F.
2. Beat egg mix and water until smooth in a large bowl.
3. Add all other ingredients. Mix well.
4. Pour into lightly oiled baking dish.
5. Bake at 350°F for about 1 hour, until the top is light brown.

Nutrition information for each ½ cup serving

Calories = 113 Carbohydrates = 10 grams Protein = 6 grams Fat = 8 grams Sodium = 245 milligrams

Sweet Potato Cups



Makes 12 servings, ⅓ cup each

1 can **Sweet Potatoes**
⅓ cup **Evaporated Milk**
¼ cup **Peanut Butter**
¼ cup **Dry Egg Mix**
⅓ cup sweet potato syrup
¼ cup **Peanuts,** chopped

1. Drain sweet potatoes. Keep and set aside ⅓ cup of the sweet potato syrup. Throw away remaining syrup.
2. Mash sweet potatoes.
3. Beat evaporated milk, peanut butter, dry egg mix, and syrup into the mashed sweet potatoes.
4. Spoon into lightly oiled muffin tins.
5. Sprinkle peanuts on top.
6. Bake at 350°F for 30 minutes.

Serve hot. Store leftovers in the refrigerator for up to 3 days.



Nutrition information for each ⅓ cup serving

Calories = 105 Carbohydrates = 11 grams Protein = 4 grams Fat = 6 grams Sodium = 82 milligrams

Top-of-the-Stove Scalloped Potatoes



Makes 6 servings, ½ cup each

1 can **Whole Potatoes,** sliced
1½ cups **Milk,** made from nonfat dry milk powder
1 small onion, sliced
¼ teaspoon salt
pepper as desired
2 tablespoons margarine *or* **Butter**
2 tablespoons **All-Purpose Flour**
¼ cup **Ready-To-Eat Cereal** (unsweetened), crumbs

1. Drain potatoes. Throw liquid away. Rinse potatoes. Set potatoes aside.
2. Put milk in a pan. Add potatoes, onion, salt, and pepper.
3. Cover pan. Cook over low heat 15 to 20 minutes, until potatoes and onion are soft.
4. Melt margarine *or* butter in another saucepan.
5. Stir in flour.
6. Pour the milk from the potatoes into the flour mixture. Stir quickly until smooth. Keep stirring until thick.
7. Pour milk and butter mixture back over potatoes.
8. Heat and stir gently until the potatoes are hot.
9. Before serving, sprinkle cereal crumbs over the potatoes.

Nutrition information for each ½ cup serving

Calories = 99 Carbohydrates = 13 grams Protein = 3 grams Fat = 4 grams Sodium = 293 milligrams

Vegetable Salad

Makes 12 servings, ½ cup each

1 can **Whole Kernel Corn**
1 can **Carrots,** sliced
1 can **Green Beans**
1 can **Tomatoes,** cut up
1 tablespoon onion, finely chopped
1 tablespoon green pepper, finely chopped
⅓ cup juice from tomatoes
¼ cup **Oil**
⅓ cup vinegar
2 tablespoons **Corn Syrup**
⅛ teaspoon pepper

1. Drain corn, carrots, and green beans. Throw liquid away. Rinse vegetables and drain again.
2. Drain tomatoes. Save ⅓ cup of the liquid.
3. Mix corn, carrots, green beans, tomatoes, onion, and green pepper in a large bowl.
4. Mix together all the other ingredients.
5. Pour over vegetables.
6. Cover and let sit at least 3 hours in the refrigerator.

You can use any combination of vegetables.

Chopped fresh garden vegetables add flavor and crunch to this recipe.

Nutrition information for each ½ cup serving

Calories = 95 Carbohydrates = 12 grams Protein = 2 grams Fat = 5 grams Sodium = 273 milligrams



Meat and Fish Main Dishes Baked in the Oven



Chicken Enchilada Casserole

24

Makes 10 servings

1 can **Chicken**
½ cup onion, chopped
½ teaspoon garlic powder
½ cup green chilies, diced
1 can **Tomatoes**
1 teaspoon oregano
1 teaspoon pepper
12 corn tortillas
2 cups **Cheese,** grated
1½ cups milk gravy (recipe 44)

Leftovers can be frozen or refrigerated and used within 2 or 3 days.

1. Drain chicken. Throw juices away. Rinse chicken with hot water to take off extra fat. Drain again.
2. Mix chicken, onion, garlic powder, green chilies, tomatoes, oregano, and pepper together. Set aside.
3. Line a lightly oiled 9- by 13-inch baking pan with three tortillas.
4. Pour chicken mixture over the tortillas.
5. Sprinkle ¾ cup of cheese on top of chicken.
6. Place remaining three tortillas on top.
7. Make milk gravy and pour over tortillas.
8. Sprinkle last ¼ cup of cheese over top.
9. Bake at 350°F for 20 minutes.

Nutrition information for 1 serving

Calories = 324 Carbohydrates = 23 grams Protein = 22 grams Fat = 16 grams Sodium = 753 milligrams

Cold or Hot Macaroni and Meat Salad



Makes 6 servings, 1 cup each

2 cups **Macaroni,** dry
½ can **Chicken** *or* **Turkey** *or* **Tuna**
1 cup **Cheese,** diced
¼ cup celery, chopped
2 tablespoons onion, finely chopped
¼ cup salad dressing, mayonnaise-type
¼ cup **Evaporated Milk**
1 teaspoon prepared mustard
¼ cup sweet pickle relish *or* chopped pickles
½ can **Green Peas** *or* **Whole Kernel Corn** *or* **Carrots** *or* a 1-cup combination

Using fresh, chopped green pepper in place of relish will reduce the sodium in this recipe.

1. Cook macaroni using directions on the package.
2. Drain meat. Rinse under hot water to take off extra fat. Drain again.
3. In a large bowl combine macaroni, meat, cheese, celery, and onion.
4. Blend salad dressing, evaporated milk, and mustard together in a small bowl.
5. Add to macaroni mixture. Mix well.
6. Gently stir pickle relish and drained peas into macaroni mixture.
7. To serve cold, chill in the refrigerator several hours. To serve hot, put into a lightly oiled casserole dish. Bake at 375°F for 30 to 35 minutes.

Nutrition information for 1 cup

Calories = 398 Carbohydrates = 43 grams Protein = 22 grams Fat = 15 grams Sodium = 740 milligrams

Meat, Cheese, and Potato Pie

26

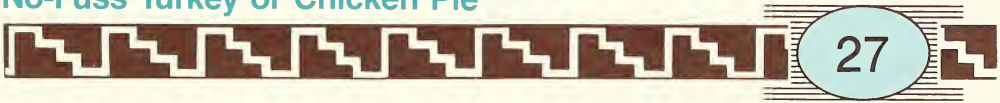
Makes 6 servings

½ can **Luncheon Meat** *or* **Pork** *or* **Chicken**
2 tablespoons margarine *or* **Butter**
1¾ cups water
2 tablespoons **Nonfat Dry Milk** powder
2 cups **Instant Potato Flakes**
1 tablespoon prepared mustard
1 can **Carrots**
¼ cup onion, chopped
½ cup **Cheese,** grated

1. Turn on oven to 350°F.
2. Drain meat juices. Throw juices away. Rinse under hot water to take off extra fat. Drain again well. Set aside.
3. Put margarine *or* butter and water in a saucepan. Heat to a boil.
4. Remove from heat and add milk powder.
5. Stir in potato flakes gently with a fork until soft and moist.
6. Stir mustard into mashed potatoes. Spread in bottom of a lightly oiled 9- by 13-inch pan.
7. Drain carrots. Throw liquid away. Rinse carrots with water. Drain again.
8. Mix meat, carrots, and onion together.
9. Spread in a layer over the top of the potatoes.
10. Sprinkle cheese over meat layer. Bake for 30 minutes.

Nutrition information for 1 serving
Calories = 330 Carbohydrates = 18 grams Protein = 14 grams Fat = 23 grams Sodium = 1,198 milligrams

No-Fuss Turkey or Chicken Pie



Makes 6 servings

1 can **Turkey** *or* **Chicken**
1 can **Carrots**
½ cup onion, sliced
1 cup **Cheese,** grated
1¼ cups **Milk,** made from nonfat dry milk powder
¾ cup master mix (recipe 12)
½ cup **Dry Egg Mix**

1. Drain meat. Throw juices away. Rinse meat under hot water to take off extra fat. Drain again.
2. Drain carrots. Throw liquid away. Rinse with water and drain again.
3. Lightly oil a 10-inch pie plate.
4. Sprinkle meat, carrots, onion, and cheese in pie plate.
5. Mix master mix and dry egg mix together in a small bowl.
6. Mix milk into dry ingredients. Pour over ingredients in pie plate.
7. Bake at 400°F for 25 to 30 minutes.
8. Let set about 5 minutes before cutting.

Nutrition information for 1 serving

Calories = 394 Carbohydrates = 16 grams Protein = 35 grams Fat = 21 grams Sodium = 1,005 milligrams

One-Pan Mexican-Style Meat Bake

Makes 10 servings

1 can **Meatball Stew**
2 cups master mix (recipe 12)
¼ cup **Nonfat Dry Milk** powder
½ cup **Dry Egg Mix**
1¼ cups water
½ cup onion, chopped
2 tablespoons chili powder
½ teaspoon garlic powder
½ teaspoon cumin, ground (optional)
1 cup **Cheese,** grated
2 cans **Tomatoes**

May be served with taco sauce.

1. Turn on oven to 350°F. Lightly oil the inside of a rectangular oven pan.
2. Chop meatballs into small pieces. Set aside.
3. Mix the master mix, dry milk powder, and dry egg mix together in pan.
4. Add water and mix well with a fork.
5. Stir the meat, stew vegetables with gravy, onion, and seasonings into the batter. Spread evenly in a 9- by 13-inch pan.
6. Bake uncovered for 25 to 30 minutes *or* until top springs back when touched.
7. Drain tomatoes and chop into small pieces. Save juice from tomatoes for another recipe.
8. Add grated cheese and chopped tomatoes over top of casserole. Bake again for 1 to 2 minutes to melt cheese.

Nutrition information for 1 serving

Calories = 285 Carbohydrates = 24 grams Protein = 13 grams Fat = 16 grams Sodium = 764 milligrams

Salmon Tomato Loaf



Makes 6 servings

1 can **Salmon**
1 can **Tomatoes**
1 tablespoon margarine *or* **Butter,** melted
2 cups **Ready-To-Eat Cereal** (unsweetened), crushed
¼ cup **Dry Egg Mix**
¼ cup water
¼ cup onion, chopped
pepper to taste

1. Drain salmon. Throw juices away.
2. Separate salmon with a fork and mash bones.
3. Put all ingredients in a bowl.
4. Mix lightly with a fork.
5. Put into a lightly oiled baking dish *or* form a loaf in a baking pan.
6. Bake at 425°F about 25 minutes.

Tuna can be used in place of salmon.

Nutrition information for 1 serving
Calories = 169 Carbohydrates = 10 grams Protein = 14 grams Fat = 8 grams Sodium = 631 milligrams

Savory Spinach Squares

30

Makes 8 squares

1 can **Spinach**
⅔ cup **Rice,** uncooked
¾ cup **Dry Egg Mix**
¾ cup water
⅔ cup **Evaporated Milk**
½ cup onion, chopped
2 tablespoons parsley, dried *or* fresh
1 teaspoon Worcestershire sauce
½ teaspoon nutmeg (optional)
2 cups **Cheese,** shredded

1. Drain spinach. Throw liquid away.
2. Cook rice using directions on package. Set aside.
3. Beat egg mix, water, evaporated milk, onion, parsley, Worcestershire sauce, and nutmeg together in a large bowl.
4. Stir rice, spinach, and cheese into egg mixture.
5. Pour into a greased, shallow 2-quart baking dish.
6. Bake at 350°F for 45 minutes. Cut into 8 squares.

Serve hot.

Nutrition information for 1 square

Calories = 265 Carbohydrates = 19 grams Protein = 14 grams Fat = 15 grams Sodium = 538 milligrams

Six In One



Makes 10 servings, 1 cup each

½ can **Luncheon Meat,** chopped
1 can **Green Beans**
1 can **Cream-Style Corn**
1 can **Carrots**
1 can **Whole Potatoes**
1 can **Tomato Sauce**

1. Drain meat juices. Throw juices away. Rinse meat with hot water to take off extra fat.
2. Drain green beans, carrots, and potatoes. Throw liquid away. Rinse vegetables with water. Drain again.
3. Slice the carrots. Cut the potatoes in half.
4. Put meat and all vegetables in a 9- by 13-inch baking dish in layers.
5. Pour tomato sauce over all.
6. Bake at 350°F for 45 minutes or until done.



Nutrition information for 1 cup

Calories = 189 Carbohydrates = 20 grams Protein = 8 grams Fat = 10 grams Sodium = 1,131 milligrams

Tuna Loaf

32

Makes 6 servings

4 cups **Rice,** cooked
2 cups **Cheese,** grated
1 can **Tuna**
2 tablespoons onion, chopped
2 tablespoons parsley flakes
¾ cup **Dry Egg Mix**
¾ cup water
½ cup **Evaporated Milk**

1. Drain tuna. Throw juices away.
2. Put rice, cheese, tuna, onion, and parsley in a bowl. Mix well.
3. Mix together egg mix and water.
4. Stir in evaporated milk.
5. Pour egg and milk mixture into the tuna mixture. Mix well.
6. Lightly coat a loaf pan with oil or shortening. Pour tuna mixture into loaf pan.
7. Bake at 375°F for 45 minutes.

Nutrition information for 1 serving

Calories = 476 Carbohydrates = 42 grams Protein = 31 grams Fat = 19 grams Sodium = 843 milligrams



Meat and Fish Main Dishes Cooked on the Stove



Meataroni

Makes 6 servings, 1 cup each

1 cup **Macaroni,** uncooked
1 can **Beef** *or* **Pork**
¼ cup onion, chopped
1 can **Green Peas**
1 can **Tomatoes,** cut up with juice
2 cups water
pepper to taste

1. Cook macaroni using directions on the package. Drain.
2. Drain beef. Throw juices away. Rinse beef with hot water to take off extra fat.
3. Drain peas. Throw liquid away. Rinse peas with water. Drain again.
4. Combine macaroni, meat, vegetables, water, and pepper in a large saucepan.
5. Cook over low heat 15 to 20 minutes, until well heated.

For a change, try another vegetable in place of peas.

Nutrition information for 1 cup

Calories = 239 Carbohydrates = 16 grams Protein = 21 grams Fat = 10 grams Sodium = 575 milligrams

Pork in Peanut Butter Sauce

34

Makes 6 servings, 1 cup each

1 can **Pork**
1 medium onion, chopped
½ cup **Peanut Butter**
½ teaspoon ground ginger *or* cinnamon *or* curry powder
½ teaspoon pepper
2 tablespoons **All-Purpose Flour**
2 cups cold water

1. Drain pork. Throw juices away. Rinse pork with hot water to take off extra fat.
2. Brown pork with onion in skillet until onion is soft.
3. Stir in peanut butter, the ginger or cinnamon or curry powder, and pepper.
4. Mix flour and cold water in small bowl to make a smooth paste. Add to peanut butter and pork mixture.
5. Cook and stir for 3 minutes until mixture becomes thick.

Serve hot over rice or pasta.

Nutrition information for 1 cup

Calories = 310 Carbohydrates = 7 grams Protein = 23 grams Fat = 21 grams Sodium = 412 milligrams

Porcupine Patties

35

Makes 10 patties

⅓ cup **Dry Egg Mix**
⅓ cup water
1 can **Meat,** any variety
½ cup **Rice,** uncooked
½ cup **Instant Potato Flakes,** dry
½ cup onion, chopped
1 can **Tomato Sauce**

1. Beat egg mix into water.
2. Drain meat. Throw juices away. Rinse meat with hot water to take off extra fat. Drain meat again.
3. Cut meat into small pieces and add to egg mixture.
4. Mix in rice, potato flakes, and onion.
5. Form into 10 patties. Brown in a lightly oiled fry pan.
6. When patties are browned, pour tomato sauce on top of them.
7. Cover and cook on low heat for 20 to 30 minutes.

For a change, use Barbeque Sauce (recipe 46) in place of tomato sauce.

Nutrition information for 1 patty

Calories = 193 Carbohydrates = 14 grams Protein = 13 grams Fat = 9 grams Sodium = 478 milligrams

Stove-Top Tamale Pie



Makes 5 servings, 1⅓ cups each

1 can **Vegetarian Beans**
1 can **Whole Kernel Corn**
¼ cup green pepper, chopped
¼ cup onion, chopped
1½ teaspoons **Oil**
1 can **Tomatoes** with juice
1 tablespoon chili powder
⅓ cup **Cornmeal**
¾ cup water
½ cup **Cheese,** grated

1. Drain vegetarian beans and corn. Rinse with water.
2. Cook green pepper and onion in oil in a large skillet until soft.
3. Mash tomatoes with a fork. Add tomatoes and their juice, vegetarian beans, corn, and chili powder to the skillet.
4. Cover and cook over low heat until flavors are blended, about 10 minutes.

While the bean mixture is heating:

1. Place cornmeal and water in a small saucepan.
2. Cook over medium heat. Stir while cornmeal gets thick.
3. Mix cheese with the cornmeal.

4. Spread cornmeal and cheese mixture over bean mixture to form a crust.
5. Sprinkle more chili powder over crust, if desired.
6. Cook over low heat without a lid until crust is set, about 5 to 7 minutes.



Nutrition information for each 1⅓-cup serving

Calories = 220 Carbohydrates = 37 grams Protein = 9 grams Fat = 6 grams Sodium = 762 milligrams



Soups and Stews



Chicken One Pot

37

Makes 6 servings, 1 cup each

¼ cup water
1 tablespoon **Oil**
1 small onion, chopped
3 tablespoons **All-Purpose Flour**
¾ cup **Evaporated Milk**
½ cup water
1 can **Chicken**
1 can **Green Peas**
1 can **Cream-Style Corn**
¼ teaspoon Worcestershire sauce (optional)

1. Put water, oil, and onion into a saucepan. Cook until onion is soft.
2. Sprinkle flour into saucepan a little at a time, stirring to keep smooth.
3. Drain peas. Throw liquid away. Rinse peas with water. Drain again.
4. Add evaporated milk to onion mixture.
5. Cook and stir over medium heat until thick and smooth.
6. Drain chicken. Throw juices away. Rinse chicken with hot water to take off extra fat. Drain again.
7. Add water, chicken, peas, corn, and Worcestershire sauce to the saucepan.
8. Mix well and stir over low heat until well heated. Serve hot.

Nutrition information for 1 cup

Calories = 331 Carbohydrates = 27 grams Protein = 28 grams Fat = 13 grams Sodium = 857 milligrams

Corn Chowder

38

Makes 10 servings, 1¼ cups each

¼ can **Luncheon Meat**
1 medium onion, diced
½ cup celery, diced
2 tablespoons margarine *or* **Butter**
2 cans **Whole Potatoes**
2 cans **Cream-Style Corn**
⅔ cup **Nonfat Dry Milk** powder
1 can **Evaporated Milk**
1 can water, using evaporated milk can
¼ teaspoon pepper

1. In a large pan, cook onion and celery in margarine *or* butter until tender, about 5 minutes.
2. Cut luncheon meat into 1-inch squares. Rinse off extra fat and salt with warm water. Drain well.
3. Add luncheon meat to onion mixture.
4. Drain potatoes. Throw liquid away. Rinse potatoes with water. Drain again.
5. Cut potatoes into small pieces.
6. Add potatoes to the luncheon meat mixture.
7. Stir in corn, nonfat dry milk, evaporated milk, and pepper.
8. Add 1 can of water, using milk can to measure.
9. Heat just until ready to boil. Serve hot.

Nutrition information for each 1¼-cup serving

Calories = 249 Carbohydrates = 32 grams Protein = 10 grams Fat = 10 grams Sodium = 765 milligrams

Quick Potato and Spinach Soup

Makes 6 servings, 1 cup each

¼ cup margarine *or* **Butter**
1 small onion, chopped
3 cups **Milk,** made from nonfat dry milk powder
1 cup water
1 can **Whole Potatoes**
½ can **Spinach**
1 cup **Instant Potato Flakes**
¼ teaspoon pepper

1. Cook onion in margarine *or* butter at medium heat in a large saucepan until soft.
2. Add milk and water to onion. Heat mixture until it is hot.
3. Drain potatoes and spinach. Throw liquid away. Rinse both vegetables with water. Drain again.
4. Chop potatoes and spinach.
5. Add instant potatoes, chopped potatoes and spinach, and pepper to milk mixture.
6. Simmer together 10 minutes before serving.

Nutrition information for 1 cup

Calories = 174 Carbohydrates = 20 grams Protein = 6 grams Fat = 8 grams Sodium = 290 milligrams

Tasty Lima Bean Soup

40

Makes 10 servings, 1¼ cups each

1-pound bag **Dry Lima Beans**
8 cups water
¼ can **Luncheon Meat**
2 cans **Tomatoes,** cut up with juice
1 cup onion, chopped
1 tablespoon Worcestershire sauce
¼ teaspoon pepper

1. Place dry lima beans and water in a pot. Heat to boiling. Boil for 2 minutes.
2. Remove from heat. Cover and let soak for 1½ hours or overnight in refrigerator.
3. Heat beans and water to a gentle boil. Cook until soft, about 1½ hours.
4. Drain beans, reserve 1 cup of liquid.
5. Drain luncheon meat. Throw juices away. Rinse meat with hot water to take off extra fat. Drain.
6. Cut luncheon meat into 1-inch cubes. Add meat to the beans.
7. Break up the tomatoes with a spoon and add to the beans.
8. Add all other ingredients to pot. Heat until just boiling. Serve hot.

Nutrition information for each 1¼-cup serving

Calories = 212 Carbohydrates = 30 grams Protein = 12 grams Fat = 5 grams Sodium = 427 milligrams

All Commodities Stew

41

Makes 8 servings, 1 cup each

1 can **Commodity Meat** of choice
1 can **Whole Potatoes**
1 can **Carrots**
1 can **Whole Kernel Corn**
1 can **Green Beans**
2 cans **Tomatoes** with juice
1 to 2 cups water
garlic *or* onion to taste

1. Drain meat. Throw juices away. Rinse meat with hot water to take off extra fat.
2. Drain potatoes, carrots, corn, and green beans. Throw liquid away. Rinse vegetables with water.
3. Chop potatoes. Slice carrots.
4. Put *all* ingredients in a large saucepan.
5. Bring to a boil, stir, then lower heat. Simmer 10 minutes before serving.

Serve hot.

Serve with farina dumplings (recipe 8). Try this with different combinations of vegetables for a nice change.

Nutrition information for 1 cup

Calories = 207 Carbohydrates = 21 grams Protein = 16 grams Fat = 7 grams Sodium = 748 milligrams

Meatball Stew Plus

42

Makes 10 servings, 1 cup each

4 cups water
½ cup onion, chopped
¼ head cabbage, chopped
1 can **Carrots**
1 can **Green Beans**
1 can **Whole Potatoes**
1 can **Meatball Stew**
1 can **Tomatoes** with juice
¼ teaspoon pepper
¼ teaspoon garlic powder

1. Put water, onion, and cabbage in a large saucepan. Bring to a boil.
2. Lower heat, cover, and simmer until onion and cabbage are soft, about 20 minutes.
3. Drain carrots, green beans, and potatoes. Throw liquid away. Rinse vegetables with water.
4. Chop potatoes.
5. When cabbage mixture is ready, add carrots, green beans, potatoes, stew, tomatoes, pepper, and garlic powder.
6. Heat about 5 to 10 minutes until all ingredients are heated.

Serve hot.

Nutrition information for 1 cup

Calories = 108 Carbohydrates = 15 grams Protein = 6 grams Fat = 3 grams Sodium = 632 milligrams



Gravies, Sauces, Spreads, Syrups, and Toppings



Meat Gravy



Makes 6 servings, ¾ cup each

½ can **Beef** *or* **Pork** *or* **Chicken** *or* **Turkey**
¾ cup water
½ cup onion, chopped
1 tablespoon chili powder, or more to taste
¼ cup **All-Purpose Flour**
¾ cup cold water

1. Drain juices. Throw juices away. Rinse meat with hot water to take off extra fat. Drain again.
2. Mix ¾ cup water, onion, and chili powder in a skillet. Add meat.
3. Bring to a boil.
4. Mix flour with the other ¾ cup cold water to make a smooth paste. Pour over meat mixture.
5. Cook and stir over heat until thick.

Serve over pasta, rice, noodles, or refried beans.

Nutrition information for each ¾-cup serving
Calories = 104 Carbohydrates = 5 grams Protein = 10 grams Fat = 5 grams Sodium = 141 milligrams

Milk Gravy



Makes about 2½ cups (5 servings, ½ cup each)

¼ cup margarine *or* **Butter**
¼ cup **Whole-Wheat Flour** *or* **All-Purpose Flour**
2 cups **Milk,** made from nonfat dry milk powder

1. Melt margarine *or* butter in a saucepan.
2. Blend flour into melted fat.
3. Stir until smooth and bubbly. Remove from heat.
4. Add milk slowly, while stirring to keep the mixture smooth.
5. Return mixture to a low heat. Cook and stir until thickened.

Nutrition information for each ½-cup serving
Calories = 135 Carbohydrates = 9 grams Protein = 4 grams Fat = 9 grams Sodium = 143 milligrams

Tomato Gravy



Makes 2 cups (4 servings, ½ cup each)

2 tablespoons onion, chopped
2 tablespoons green pepper, chopped
2 tablespoons margarine *or* **Oil** *or* **Butter**
1½ tablespoons **All-Purpose Flour**
1 can **Tomato Sauce**
⅛ teaspoon pepper
⅛ teaspoon basil, dried
¼ cup water

1. Cook onion and green pepper in margarine *or* oil *or* butter until soft in a large skillet.
2. Stir flour into onion mixture until well mixed.
3. Add tomato sauce, black pepper, basil, and water.
4. Cook and stir until slightly thickened.

Serve over meatloaf, pasta, rice, or scrambled eggs.

Nutrition information for each ½-cup serving
Calories = 96 Carbohydrates = 10 grams Protein = 2 grams Fat = 6 grams Sodium = 701 milligrams

Barbeque Sauce



Makes 2½ cups (20 servings, 2 tablespoons each)

1 can **Tomato Sauce**
½ cup water
2 tablespoons vinegar *or* lemon juice
dash hot sauce
dash pepper
1 tablespoon **Corn Syrup** *or* **Honey**

1. Combine all ingredients in a saucepan.
2. Heat until mixture boils. Remove from heat.

Use to baste or pour over chicken, pork, or beef.

Store leftover sauce in the refrigerator.

Nutrition information for each 2-tablespoon serving

Calories = 10 Carbohydrates = 2 grams Protein = less than 1 gram Fat = 0 Sodium = 129 milligrams

Cheese Sauce



Makes about 3 cups (6 servings, ½ cup each)

2 cups milk gravy (recipe 44)
2 cups **Cheese,** grated

1. Make milk gravy recipe.
2. Add cheese to it.
3. Stir over low heat until cheese melts.

Serve over cornbread, corn muffins, biscuits, pasta, or toast.

Nutrition information for each ½-cup serving
Calories = 248 Carbohydrates = 8 grams Protein = 11 grams Fat = 19 grams Sodium = 654 milligrams

Spaghetti Sauce



Makes 10 servings, ½ cup each

2 tablespoons **Oil** *or* **Shortening**
¾ cup onion, chopped
2 large sections of garlic, finely chopped
¾ cup green pepper, chopped
¼ teaspoon hot red pepper flakes (optional)
4 cans **Tomatoes** with juice
2 bay leaves
1 teaspoon basil
¼ teaspoon black pepper
2 cans **Green Beans**

1. Heat oil in saucepan over medium heat.
2. Add onion, garlic, green pepper, and hot pepper flakes to oil. Cover and heat 2 minutes, stirring occasionally.
3. Mash tomatoes into small pieces. Add to mixture in saucepan.
4. Add herbs to mixture. Cover and bring to a boil. Reduce heat and simmer for 25 minutes, stirring occasionally.
5. Drain green beans and rinse with water. Add to mixture in saucepan. Heat thoroughly before serving.

Use ½ cup of sauce over 1 cup cooked spaghetti or noodles for each serving. Sauce freezes well.

Nutrition information for ½ cup
Calories = 79 Carbohydrates = 12 grams Protein = 3 grams Fat = 3 grams Sodium = 428 milligrams

Vegetable Sauce



Makes 7 servings, ½ cup each

1 can **Any Vegetable** *or* **Mix of Vegetables**
(about 2 cups)
2 cups milk gravy (recipe 44)
2 tablespoons onion, chopped

1. Drain vegetables. Throw liquid away. Rinse vegetables with water. Drain well. Set aside.
2. Make milk gravy recipe.
3. Add vegetables and onion to milk gravy.
4. Stir over low heat until heated.

Nutrition information for each ½-cup serving
Calories = 111 Carbohydrates = 10 grams Protein = 3 grams Fat = 6 grams Sodium = 193 milligrams

Raisin Butter



Makes 1½ cups (24 servings, 1 tablespoon each)

1½ cups **Raisins**
¾ cup **Orange Juice**
½ teaspoon cinnamon
dash ground cloves

1. Combine all ingredients in a saucepan.
2. Bring to a boil. Lower heat and simmer, uncovered, for 10 minutes.
3. Whip in a blender or mash with a fork until smooth.

Store in the refrigerator.

Serve on bread, muffins, biscuits, and rolls.

Nutrition information for 1 tablespoon
Calories = 32 Carbohydrates = 8 grams Protein = less than 1 gram Fat = 0 Sodium = 1 milligram

Sweet Potato Spread



Makes 2 cups (32 servings, 1 tablespoon each)

1 can **Sweet Potatoes**
½ cup **Peanut Butter**
¼ cup **Honey**
¼ cup **Orange Juice**

1. Drain sweet potatoes. Throw syrup away.
2. Mash sweet potatoes with a fork in a bowl.
3. Stir peanut butter and honey into the sweet potatoes.
4. Add orange juice to mixture. Add more orange juice if you want a thinner spread.

Store in the refrigerator.

Serve on bread, toast, biscuits, muffins, and rolls.

Nutrition information for 1 tablespoon

Calories = 85 Carbohydrates = 11 grams Protein = 2 grams Fat = 4 grams Sodium = 46 milligrams

Grape Juice Syrup



Makes 2½ cups

1½ tablespoons cornstarch
¼ cup sugar
2 cups **Grape Juice**
¼ cup **Orange Juice**

1. Stir cornstarch and sugar together.
2. Stir in grape juice. Cook and stir until liquid bubbles and gets thick.
3. Take off heat. Stir in orange juice.

Serve warm. Refrigerate any syrup left over for up to 2 weeks. Reheat before using again.

Use on top of french toast, pancakes, ice cream, biscuits, or muffins.

Nutrition information for 1 tablespoon

Calories = 14 Carbohydrates = 4 grams Protein = 0 Fat = 0 Sodium = less than 1 milligram

Crunchy Toppings



Makes about ½ cup of topping

For Desserts:

½ cup sweet **Ready-To-Eat Cereal,** crushed
your choice of spices like cinnamon, nutmeg, ginger, *or* any others, to taste

1. Crush the sweet cereal into smaller pieces.
2. Mix into cereal any spice or mixture of spices you like in amounts that suit your taste.
3. Use about 2 tablespoons over a serving of pudding or on top of canned or fresh fruit.

For Baked Vegetables or Main Dish Casseroles:

½ cup unsweetened **Ready-To-Eat Cereal,** crushed
your choice of herbs such as parsley, onion powder, garlic powder, *or* basil, to taste
2 tablespoons margarine *or* **Butter,** melted

1. Crush unsweetened cereal into smaller pieces.
2. Add any herb or mixture of herbs you like in amounts to suit your taste.
3. Mix margarine *or* butter into mixture.
4. Sprinkle on top of a vegetable dish or main dish casserole.
5. Bake at 350°F until the food is tender and done. Baking time will vary depending on the food being baked.



For less fat in your food, just use crushed cereal with herbs.

Crispy Coatings



Makes about 1 cup of coating

1 cup any unsweetened **Ready-To-Eat Cereal,** crushed
any herb like parsley, onion powder, garlic powder, basil, black pepper, *or* chili powder, to taste
Evaporated Milk

1. Crush cereal into crumbs.
2. Add any herb or mixture of herbs you like in amounts to suit your taste. Set aside.
3. Dip large pieces of meat, fish, or vegetables into evaporated milk.
4. Coat each piece with the crushed cereal mixture.
5. Bake at 350°F until tender and done. Baking time will depend on the size of the food pieces.

Whipped Topping for Desserts Made With Nonfat Dry Milk



Makes 3½ cups (28 servings, 2 tablespoons each)

½ cup **Nonfat Dry Milk** powder
½ cup ice water
1 tablespoon lemon juice
¼ cup **Corn Syrup**
½ teaspoon vanilla

1. Chill a small bowl and beaters.
2. Whip dry milk and ice water until soft peaks form, about 3 to 4 minutes.
3. Add lemon juice and beat until stiff, about 3 to 4 minutes.
4. Gently stir corn syrup and vanilla into whipped milk.

Serve at once. Mixture loses its shape quickly.

Note: This recipe works best as a topping. It will not work as an ingredient in a recipe.

Nutrition information for each 2-tablespoon serving

Calories = 13 Carbohydrates = 3 grams Protein = less than 1 gram Fat = 0 Sodium = 9 milligrams

Whipped Topping Made With Evaporated Milk



Makes 2 cups (16 servings, 2 tablespoons each)

½ cup **Evaporated Milk**
2 teaspoons lemon juice
¼ cup **Corn Syrup**
½ teaspoon vanilla

1. Chill milk in a bowl in freezer until ice forms around the edges. Chill mixing beaters as well.
2. Remove milk from freezer. Whip until stiff.
3. Add lemon juice to milk. Keep on beating until very stiff.
4. Blend corn syrup and vanilla into milk mixture. Serve immediately.

Note: This topping will keep its shape longer than the whipped topping in recipe 55.

Nutrition information for each 2-tablespoon serving
Calories = 26 Carbohydrates = 5 grams Protein = 1 gram Fat = 1 gram Sodium = 12 milligrams



Beverages, Snacks, and Special Occasion Foods



Fruit Freeze

Makes 5 servings

3 cups **Fruit Juice,** any kind
1 cup **Canned Fruit,** chopped *or* mashed

1. Blend fruit juice and canned fruit together.
2. Pour into five 5-ounce paper cups. Fill within ½ inch of top.
3. Freeze for 1 hour. The mixture should be partly frozen. Put a wooden spoon or a flat wooden stick in the center of each cup.
4. Put back in the freezer.
5. Freeze about 3 hours or until hard.
6. To remove fruit freeze from cup, warm cup between both hands.

Try these flavors. They are good together:

- orange juice + pineapple
- apple juice + any fruit

Nutrition information for 1 serving

Calories = 89 Carbohydrates = 21 grams Protein = 1 gram Fat = less than 1 gram Sodium = 3 milligrams

Fruit Julius

Makes 4 servings, about ¾ cup each

2 cups **Fruit Juice,** any kind
⅔ cup **Nonfat Dry Milk** powder
1 teaspoon vanilla
5 or 6 ice cubes, crushed

1. Crush ice in a clean cloth with a hammer or rolling pin.
2. Combine all ingredients in a container with a tight lid.
3. Shake until blended.
4. Serve at once in a glass.

Nutrition information for each ¾-cup serving

Calories = 93 Carbohydrates = 18 grams Protein = 5 grams Fat = less than 1 gram Sodium = 65 milligrams

Fruit Milkshake

Makes about 4 servings, 1 cup each

1 can **Plums** in syrup
½ cup **Nonfat Dry Milk** powder
8 ice cubes, crushed

1. Drain plums, but keep syrup.
2. Remove seeds from plums. Cut fruit into pieces.
3. Mash fruit through a strainer or in a food mill.
4. Add the syrup.
5. Blend dry milk powder with fruit.
6. Crush ice in a clean cloth with a hammer or rolling pin.
7. Blend crushed ice with fruit mixture.

As a change, try other canned fruits, too.

Nutrition information for each 1-cup serving

Calories = 70 Carbohydrates = 15 grams Protein = 3 grams Fat = 0 Sodium = 59 milligrams

Winner's Party Home Brew



Makes about 40 servings, ¾ cup each

2 cans **Peaches** *or* **Apricots**
1 can **Grapefruit Juice**
4 liters club soda *or* diet ginger ale *or* diet lemon-lime soda

1. Blend apricots *or* peaches in a blender or mash into a paste.
2. Pour mashed fruit into a punch bowl.
3. Add the juice and soda to the mashed fruit. Stir well.
4. Chill or add ice cubes to serve cold.

Any combination of fruit and fruit juice can be used.

Nutrition information for each ¾-cup serving
Calories = 17 Carbohydrates = 4 grams Protein = 0 Fat = 0 Sodium = 21 milligrams

Bean Dip

Makes 16 servings, 2 tablespoons each

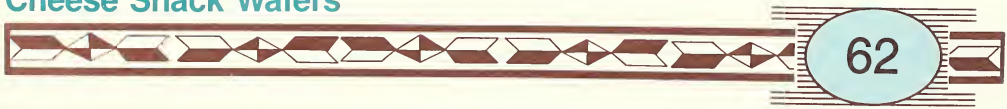
1 can **Vegetarian Beans**
2 tablespoons lemon juice *or* water
2 tablespoons **Nonfat Dry Milk** powder
1 teaspoon chili powder
1 teaspoon garlic powder
1 teaspoon finely diced onion *or* onion powder
½ to 1½ teaspoons hot sauce (optional)

1. Drain beans. Throw liquid away. Rinse beans with water. Drain well.
2. Mash beans with a fork.
3. Mix lemon juice, dry milk powder, and spices with the beans.
4. Add hot sauce to taste.

Serve on vegetable sticks, low-salt crackers, or no-salt tortilla chips.

Nutrition information for each 2-tablespoon serving
Calories = 22 Carbohydrates = 5 grams Protein = 1 gram Fat = 0 Sodium = 82 milligrams

Cheese Snack Wafers



Makes 56 wafers

½ cup **All-Purpose Flour**
¼ cup **Whole-Wheat Flour**
dash cayenne pepper (optional)
½ cup margarine *or* **Butter,** softened
2 cups **Cheese,** shredded
1½ cups dry, unsweetened **Ready-to-Eat Cereal**

1. Mix both flours and cayenne pepper together in a small bowl. Set aside.
2. In a large bowl, beat margarine *or* butter and cheese together until light and fluffy.
3. Add cereal to butter-cheese mixture. Stir until blended.
4. Add the flour mixture and stir until just moistened.
5. Drop teaspoons of batter onto an ungreased cookie sheet. Flatten each mound with a fork dipped in flour.
6. Bake at 350°F for 12 minutes or until light brown around the edges.
7. Remove from the cookie sheet. Cool.



Nutrition information for 1 wafer

Calories = 37 Carbohydrates = 2 grams Protein = 1 gram Fat = 3 grams Sodium = 80 milligrams

Whole-Grain Meat Squares

Makes 24 snack squares or 12 main dish servings

1½ cups water
¾ cup **Milk,** made from nonfat dry milk powder
¼ cup **Dry Egg Mix**
¼ cup margarine *or* **Butter,** melted
2 tablespoons **Honey**
½ cup **Rolled Oats**
1 cup **Cornmeal**
1 cup **Whole-Wheat Flour**
1 tablespoon baking powder
1 cup **Pork,** finely chopped
1 cup **Cheese,** grated

Store leftovers in the refrigerator or freezer.

1. Combine water, milk, dry egg mix, margarine *or* butter, and honey in a bowl. Set aside.
2. Mix oats, cornmeal, flour, and baking powder in a large bowl.
3. Add liquid ingredients to dry ingredients. Mix until just moistened.
4. Spread half of the batter in a lightly oiled 9- by 13-inch pan.
5. Drain pork. Throw juices away. Rinse off extra fat with hot water. Drain again.
6. Sprinkle chopped pork and grated cheese over batter in pan.
7. Spoon remaining batter on top, spreading lightly to cover.
8. Bake at 400°F for 25 to 30 minutes. Serve warm.

Nutrition information for 1 snack square (one main dish serving equals two snack squares)
Calories = 104 Carbohydrates = 11 grams Protein = 4 grams Fat = 5 grams Sodium = 170 milligrams

Grape Dumplings



Makes 8 servings

½ cup water
1 tablespoon **Oil**
1 cup **All-Purpose Flour**
½ teaspoon baking powder
3 cups **Grape Juice**
1 cup **Corn Syrup**

1. Mix water and oil together in a bowl.
2. Add flour and baking powder. Mix into a stiff dough.
3. Roll out very thin on a floured board. Cut into 8 pieces (about 2 inches long and ½ inch wide).
4. Bring grape juice and corn syrup to a boil in a large saucepan.
5. Divide dough into eight pieces. Drop each one into the grape juice mixture.
6. Boil 5 minutes, then simmer 10 minutes with a lid on the pan.

As a change, try using ½ cup each of whole-wheat and all-purpose flour instead of just all-purpose flour.



Nutrition information for 1 serving

Calories = 247 Carbohydrates = 56 grams Protein = 2 grams Fat = 2 grams Sodium = 52 milligrams

Indian Pudding

Makes 8 servings

2½ cups **Milk,** made from nonfat dry milk powder
½ cup **Cornmeal**
½ cup cold **Milk,** made from nonfat dry milk powder
1 tablespoon margarine *or* **Butter**
½ cup molasses
½ teaspoon ginger
½ teaspoon cinnamon

1. Heat 2½ cups of milk to a simmer.
2. Mix together the other ½ cup cold milk with cornmeal.
3. Add cornmeal mixture to warm milk, stirring constantly.
4. Cook 20 minutes, stirring frequently until thickened.
5. Remove pudding from heat. Stir in butter, molasses, and spices.
6. Pour into greased 1-quart baking pan.
7. Bake at 325°F for 55 to 60 minutes. When a knife is inserted and comes out clean, the pudding is done. Cut into 8 squares before serving. Serve warm.

Nutrition information for 1 square

Calories = 118 Carbohydrates = 22 grams Protein = 4 grams Fat = 2 grams Sodium = 81 milligrams

Lunch Box Cookie Bars

Makes 24 bars

1 cup **Whole-Wheat Flour**
½ teaspoon baking soda
¼ cup **Dry Egg Mix**
¾ cup **Peanut Butter**
½ cup **Corn Syrup**
½ teaspoon vanilla
½ cup water
½ cup **Applesauce**
1¼ cups **Rolled Oats** *or* **Rolled Wheat**

1. Stir flour, baking soda, and dry egg mix together in a small bowl. Set aside.
2. Beat corn syrup, vanilla, water, and applesauce with peanut butter.
3. Add oats and flour mixture to peanut butter mixture. Stir until well blended.
4. Pour batter into a lightly oiled and floured 9- by 13-inch pan.
5. Bake at 350°F for 25 minutes or until done.
6. Cool completely. Cut into 24 bars.

Nutrition information for 1 bar

Calories = 127 Carbohydrates = 17 grams Protein = 4 grams Fat = 5 grams Sodium = 77 milligrams

Old-Fashioned Rice Pudding

Makes 8 servings, ½ cup each

1 can **Apricots**
¾ cup **Dry Egg Mix**
¾ cup water
2 teaspoons vanilla
3 cups **Milk,** made from nonfat dry milk powder
2 cups cooked **Rice**
½ cup sugar
¼ teaspoon salt
1 teaspoon cinnamon

1. Drain apricots. Throw syrup away. Rinse apricots with water. Drain again and set aside.
2. Measure and mix in one bowl the dry egg mix, water, vanilla, milk, cooked rice, sugar, and salt.
3. Pour into a lightly oiled 1½-quart baking dish.
4. Bake at 325°F for 1 hour.
5. Remove from oven. Place drained apricots on top. Sprinkle with cinnamon.
6. Bake 15 minutes more.

Serve warm. Store leftovers in the refrigerator for up to 3 days.

Nutrition information for each ½-cup serving

Calories = 216 Carbohydrates = 37 grams Protein = 8 grams Fat = 4 grams Sodium = 204 milligrams

Peanut Butter Oatmeal Cookies

Makes 24 cookies

1 cup **Whole-Wheat Flour**
½ cup **Nonfat Dry Milk** powder
1 teaspoon baking powder
¼ cup **Dry Egg Mix**
½ cup margarine *or* **Butter**
½ cup **Peanut Butter**
½ cup **Honey**
1 teaspoon vanilla
½ cup water
1¼ cups **Rolled Oats** *or* **Rolled Wheat**
1 cup **Raisins**

1. Turn on oven to 375°F.
2. Measure flour, dry milk powder, baking powder, and dry egg mix in a small bowl. Mix well. Set aside.
3. In a large bowl, beat together butter, peanut butter, honey, vanilla, and water.
4. Stir the flour mixture into the peanut butter mixture. Mix well.
5. Stir in oats and raisins. Put teaspoons of batter on a lightly oiled baking sheet. Flatten with a fork dipped in water.
6. Bake for 12 to 15 minutes.

Nutrition information for 1 cookie
Calories = 167 Carbohydrates = 22 grams Protein = 5 grams Fat = 8 grams Sodium = 98 milligrams

Vegetarian Bean Fiesta Cake

Makes 12 servings

1 can **Vegetarian Beans**
½ cup sugar
¼ cup margarine *or* **Butter**
1½ teaspoons vanilla
1 can **Applesauce**
¼ cup **Dry Egg Mix**
1 cup **All-Purpose Flour**
1 cup **Whole-Wheat Flour**
1¾ teaspoons baking soda
2 teaspoons cinnamon
1 cup **Raisins**
½ cup **Peanuts,** chopped

1. Turn on oven to 375°F. Lightly oil a 9- by 13-inch pan.
2. Drain beans. Throw liquid away. Rinse beans with water. Drain well. Mash and set aside.
3. Cream together sugar, margarine *or* butter, and vanilla.
4. Add beans, applesauce, and dry egg mix to the sugar mixture. Mix well.
5. In a small bowl, mix together both flours, baking soda, and cinnamon. Add to the sugar mixture. Mix well.
6. Stir in raisins and nuts.
7. Pour batter into pan.
8. Bake for 30 minutes, or until top springs back when lightly touched. Cool before serving.

Nutrition information for 1 serving

Calories = 264 Carbohydrates = 45 grams Protein = 7 grams Fat = 8 grams Sodium = 350 milligrams

Whole-Wheat Oil Piecrust



Makes 1 crust

½ cup **All-Purpose Flour**
½ cup plus 2 tablespoons **Whole-Wheat Flour**
½ teaspoon salt
⅓ cup **Oil**
2 to 3 tablespoons cold water

1. Measure both flours and salt into a bowl. Mix well.
2. Add oil to flour mixture. Mix until the flour forms into small bits, about the size of peas.
3. Sprinkle water into flour mixture 1 tablespoon at a time. After each tablespoon mix until flour is moist. Stop adding water when dough almost cleans the side of the bowl.
4. Gather dough together into a firm ball.
5. Press dough around pie pan.
6. Bake a shell with no filling at 475°F for 12 to 15 minutes. Bake a filled, one-crust pie using recipe for the pie.

Makes 2 crusts

¾ cup **All-Purpose Flour**
1 cup **Whole-Wheat Flour**
1 teaspoon salt
½ cup **Oil**
3 to 4 tablespoons cold water

1. Measure both flours and salt into a bowl. Mix well.
2. Add oil to flour mixture. Mix until the flour forms into small bits, about the size of peas.
3. Sprinkle water into flour mixture 1 tablespoon at a time. After each tablespoon mix until flour is moist. Stop adding water when dough almost cleans the side of the bowl.
4. Gather dough together into a firm ball. Divide dough in half.
5. Press half of dough around pie pan. Add filling.
6. Roll other half of dough on waxed paper until the circle it makes is large enough to cover pie pan.
7. Place circle of dough over filling in pie pan with paper side up.
8. Peel off paper. Press the top and bottom dough edges together.
9. Trim edges and stick a fork into top crust 3 or 4 times.
10. Bake a filled, two-crust pie using recipe for the pie.

Nutrition information for ⅛ of a single pie crust (Double these numbers for a two-crust pie)
Calories = 133 Carbohydrates = 11 grams Protein = 2 grams Fat = 9 grams Sodium = 134 milligrams

Seven Ways To Eat for Better Health

Food alone cannot make you healthy. But good eating habits can help keep you and your family healthy.

There are seven ways to eat for better health. They all work together when you plan and cook meals to keep balance, moderation, and variety in your diet. Follow the Seven Ways To Eat for Better Health listed below:

1. ***Eat a variety of foods.***
   No one food gives you all the nutrients you need. It is important to eat many different kinds of foods from every food group each day. All the food groups are listed in the chart on page 78.

2. ***Maintain desirable weight.***
   Being overweight can put stress on your body and on the way it works. Being very overweight also adds to your chances of getting some diseases such as high blood pressure, heart disease, common types of diabetes, and some types of cancer.

4. ***Eat foods with adequate starch and fiber.***
   Foods high in starch give you important nutrients without too much fat or too many calories. Fiber helps move food through the digestive system.

5. ***Avoid too much sugar.***
   Sugary foods are often high in calories and low in vitamins and minerals. Eating too much sugar or too many sugary foods and sticky sweets can lead to tooth decay.

3. ***Avoid too much fat, saturated fat, and cholesterol.***
   A diet high in fat, saturated fat, and cholesterol may increase your blood cholesterol level. High blood cholesterol levels can increase your chances of getting heart disease. Diets high in fat also tend to be high in calories. Too many calories can make you gain too much weight.

6. ***Avoid too much sodium (salt).***
   A lot of the sodium we eat comes from salt. Too much sodium (salt) in the diet can be a problem for people with high blood pressure, or for people who have family members with high blood pressure.

7. ***If you drink alcoholic beverages, do so in moderation.***
   Alcoholic drinks are high in calories and low in vitamins and minerals. Drinking too much alcohol can lead to some types of liver disease and cancer.



Plan Meals for Better Health

You can plan meals for better health. The helpful hints below put some of the Seven Ways To Eat for Better Health into practice. They will help you keep balance, moderation, and variety in your diet.

Plan to Eat a Variety of Foods

- Every food has different kinds and amounts of nutrients, and other things we need to live and grow. But no one food has all of them together.
- Your daily food choices should have foods from all the food groups. Study the food groups in the Pattern for Daily Food Choices chart on page 78. Commodity foods are in all the food groups.
- Plan your daily food choices to include all kinds of foods. Choose all kinds of foods within each food group. Each day choose at least the lower number of servings from each food group in the Pattern for Daily Food Choices chart.

Eat Foods with Adequate Starch and Fiber

- Foods with fiber help all the food you eat to move through your body.
- You get fiber from foods with skins and seeds such as beans, berries, whole-grain cereals, cucumbers, potatoes, and squash, and foods made with whole-grain flour.
- Use half all-purpose flour and half whole-wheat flour in recipes when you bake.
- Some starchy foods are low in fat, such as beans, bread, cereals, corn, macaroni, potatoes, spaghetti, and rice. Serving butter, other fats, or cream sauces with them also adds fat and calories.

Maintain Desirable Weight

- The key to staying at the right weight is eating the right number of calories for the energy you use up through physical activity each day.
- A "serving" has a different meaning to everyone. Smaller servings have less calories than larger servings of the same food. People who need fewer calories need to eat smaller servings.
- Foods with a lot of fat, oil, or sugar and alcoholic drinks can give you extra calories you may not want or need.

If You Drink Alcoholic Beverages, Do So in Moderation

- Alcohol adds calories to your diet. Drinking too much alcohol can cause you to gain weight.
- Drinking too much alcohol can also lead to some types of liver disease and cancer.
- Pregnant women who drink alcohol may harm their unborn baby.



Cook For Better Health

You can cook for better health. The recipes in this book have already had some of the sugar, fat, and salt taken out. The helpful hints below tell you how it was done. Try these hints yourself when you cook and eat at home. The hints below put some of the Seven Ways To Eat for Better Health listed on page 72 into practice.

Before You Cook

- Drain canned vegetables. Throw away the liquid. It has extra sodium (salt) in it. To get rid of more salt, rinse the vegetables under running water.
- Drain canned fruits. Throw away the syrup. It has extra sugar in it. To get rid of more sugar, rinse the fruit under running water.
- Grease baking pans with oil instead of shortening. The oil is less saturated than shortening, which makes it better for you.

When You Cook

- Cut down on the sugar used in recipes. You can leave out some of the sugar in many muffin, cookie, and cake recipes.
- Use herbs and spices to flavor food, instead of salt.
- Cook pasta and rice without adding salt to the water. The salt from other foods in the recipe or meal can be enough.
- Bake, broil, roast, or steam foods instead of frying them. These ways of cooking food do not use fat or oil.
- Use oil instead of shortening if you have to fry foods. Oil is less saturated than shortening.

- Chill a can of meat before you open it so the fat gets hard. The fat will be easy to see after you open the can. Take off the fat and use just the meat and juices.

or

- Drain the juices from canned meat that is at room temperature. Throw away the juices. At room temperature when the fat is soft, it is not easy to remove fat from the juices. To rinse off extra fat, rinse the meat with hot water.

- Reduce the amount of salt or leave it out of recipes that use cheese, canned foods, and food flavorings like Worcestershire or soy sauce. These foods already have a lot of salt in them.

When You Eat

- Put only half the usual amount of sugar, syrups, jams, or spreads on food.
- Remove the salt shaker from the table. Flavor food with spices instead of salt when you cook.
- Do not put the butter or margarine on the table.



A Pattern for Daily Food Choices

This chart shows a basic pattern for making healthy food choices every day. It shows you six different food groups to choose from. It also gives the number of servings to eat and examples of a serving size. Plan your daily meals to have at least the lower number of servings from each food group. Smaller serving sizes are best for children and some adults who need fewer calories than other people.

Look closely. You will see that all your commodity foods fit into one or another of the food groups.

FOOD GROUP	*SUGGESTED DAILY SERVINGS*	*WHAT COUNTS AS A SERVING*
Breads, Cereals, and Other Grain Products Whole-grain Enriched	6-11 servings from group (Include several servings of whole-grain products daily.)	■ 1 slice of bread or tortilla ■ ½ hamburger bun or english muffin ■ a small roll, biscuit, or muffin ■ 3 to 4 small or 2 large crackers ■ ½ cup cooked cereal, rice, or pasta ■ 1 ounce of ready-to-eat breakfast cereal
Fruits Citrus Melon Berries Other fruits	2-4 servings from group	■ a whole fruit such as a medium apple, banana, or orange ■ a grapefruit half or melon wedge ■ ¾ cup of juice ■ ½ cup of berries ■ ½ cup canned or cooked fruit ■ ¼ cup dried fruit

Vegetables Dark-green leafy Deep yellow Dry beans and peas Starchy Other Vegetables	3-5 servings from group (Include all types regularly; use dark-green leafy vegetables and dry beans and peas several times a week)	■ ½ cup of canned or cooked vegetables ■ ½ cup of chopped raw vegetables ■ 1 cup of leafy raw vegetables, such as lettuce or spinach
Meat, Poultry, Fish, and Alternates (like eggs, beans and peas, nuts and seeds)	2-3 servings from group	Amounts should total 5 to 7 ounces of cooked lean meat, poultry, or fish a day. Count 1 egg, ½ cup cooked beans, or 2 tablespoons peanut butter as 1 ounce of meat.
Milk, Cheese, and Yogurt	2 servings from group (3 servings for women who are pregnant or breastfeeding and for teens; 4 servings for teens who are pregnant or breastfeeding.)	■ 1 cup of milk ■ 8 ounces of yogurt ■ 1½ ounces of natural cheese ■ 2 ounces of processed cheese
Fats, Sweets, and Alcoholic Beverages	Avoid too many fats and sweets. If you drink alcoholic beverages, do so in moderation.	■ 1 teaspoon sugar, honey, or other sweet spread ■ 1 teaspoon oil, mayonnaise, or butter ■ 1 tablespoon salad dressing or cream cheese ■ 1 slice bacon ■ 2 tablespoons coffee cream or liquid whitener

Meal Ideas

Commodity foods can fit into any family's way of eating. The meal ideas here show a few examples of how eating different combinations of food can be a part of a good eating pattern.

The key to a good eating pattern is balance. Balance your choice of foods. If you serve foods that are higher in fat, sugar, or salt, try to find others to serve that are lower in fat, sugar, or salt.

The number in the circle is the recipe number in this book.

Morning

Hot Cereal Mix ⑦ Milk Orange Juice Toast Sweet Potato Spread ⑤①	Granola ⑥ Milk Grapefruit Juice Toast with butter	Better Than Just Oatmeal ⑤ Milk Tomato Juice	Whole-Wheat Oatmeal Pancakes ④ Grape Juice Syrup ⑤② Orange Juice	Cereal Muffins ⑨ Raisin Butter ⑤⓪ Fruit Julius ⑤⑧

Mid-Day

Chicken One Pot ③⑦	Whole-Grain Meat Squares ⑥③	Macaroni Cheese Sauce ④⑦	Tasty Lima Bean Soup ④⓪	Bean and Cheese Tortillas

Farina Dumplings ⑧ Plum Applesauce ⑭	Green Beans Canned Pineapple Fruit Juice with Club Soda	Vegetable Salad ㉓ Applesauce	Whole-Wheat Flour Tortillas ② or ③ Canned Peaches Milk	Vegetable Salad ㉓ Fruit Juice with Club Soda

Evening

Stove-Top Tamale Pie ㊱ Cooked Wild Greens Cornbread Cinnamon Applesauce	Cold or Hot Macaroni and Meat Salad ㉕ Whole-Wheat Flour Tortilla—No Fat ③ Stewed Tomatoes	All Commodities Stew ㊶ Cornbread Grape Dumplings ㊹	Tuna Loaf ㉜ Spinach Hot Spicy Fruit ⑬ Rice	Spaghetti with Vegetable Sauce ㊾ Green Leafy Salad Honey-Cornmeal Drop Biscuits ①

Choose snacks that will balance with your other daily food choices. Snacks can come from any food group.

Snacks to Try:

- Tortilla ② or ③ with Raisin Butter ㊿
- Whole-Grain Meat Squares ㊸
- Fruit Milkshake ㊾
- Green Pea and Cheese Salad ⑱
- Cheese Snack Wafers ㊷

Some Available Commodity Foods

The commodity foods you get are listed here in six different food groups so they are easy to find. The six food groups are the same ones you see in the Pattern for Daily Food Choices chart on page 78.

Next to the name of the food, you will find other information: the package size you take home, the amount inside the package, and the number of the recipe the food is used in.

Food Item	*Package Size(s)*	*Amount You Get*	*Recipe Number*
Breads, Cereals, and Other Grain Products			
Cereals - Ready to Eat			9, 29, 53, 54, 62
Different kinds of cereals are available during the year. The amount of cereal in the box will depend on the type of cereal. Read the cereal box label.			
Cornmeal	5-pound bag or 10-pound bag	16 cups 32 cups	1, 10, 63, 65
Farina	14-ounce box	3 cups	7, 8

Flour, All-Purpose	5-pound bag or 10-pound bag	18 cups 36¼ cups	2, 3, 4, 9, 12, 62, 64, 69, 70
Flour, Bread	5-pound bag or 10-pound bag	20 cups 40 cups	
Flour, Whole-Wheat	5-pound bag or 10-pound bag	19 cups 37¾ cups	2, 3, 4, 7, 8, 9, 10, 11, 12, 63, 66, 68, 69, 70
Macaroni	1-pound box	4½ cups (uncooked)	25, 33
Spaghetti	1-pound box	4½ cups (uncooked)	48
Rice, White	2-pound bag	5 cups	15, 30, 32, 35, 67
Rolled Oats	3-pound package	16¾ cups	4, 5, 6, 7, 20, 63, 66, 68
Rolled Wheat	10-pound bag	48¼ cups	4, 6, 66, 68

Continued



Some Available Commodity Foods (Continued)

Food Item	*Package Size(s)*	*Amount You Get*	*Recipe Number*
Fruits			
Canned:			
Applesauce	1-pound can	1¾ cups	14, 66, 69
Apricots	1-pound can	8 to 12 pieces	15, 57, 63, 67
Fruit Cocktail	1-pound can	1⅔ cups fruit	
Peaches	1-pound can or 1-pound 13-ounce can	1¼ cups fruit 2⅛ cups fruit	13, 57, 60
Pears	1-pound can	6 to 10 halves	13, 57
Pineapple	1-pound 4-ounce can	2 cups fruit or 10 slices	57
Plums	1-pound can	2 cups halves	14, 57, 59

Dried:			
Prunes	1-pound package	2½ cups	6, 7
Raisins	1-pound package	3 cups	6, 7, 9, 11, 14, 50, 68, 69
Juice:			
Apple	46-ounce can	5¾ cups	57, 58
Grape	46-ounce can	5¾ cups	52, 57, 58, 64
Grapefruit	46-ounce can	5¾ cups	57, 58, 60
Orange	46-ounce can	5¾ cups	5, 19, 50, 57, 58
Pineapple	46-ounce can	5¾ cups	19, 57, 58
Tomato	46-ounce can	5¾ cups	

Continued



Some Available Commodity Foods (Continued)

Food Item	*Package Size(s)*	*Amount You Get*	*Recipe Number*
Vegetables			
Carrots	1-pound can	2 cups	23, 25, 26, 27, 31, 41, 42, 49
Corn, whole kernel	1-pound can	2 cups	23, 25, 36, 41, 49
Corn, cream-style	1-pound can	2 cups	20, 31, 37, 38
Green Beans	1-pound can	2 cups	17, 23, 31, 41, 42, 48, 49
Peas	1-pound can	2 cups	18, 25, 33, 37, 49
Potatoes, whole	1-pound can	8 to 12 pieces	22, 31, 38, 39, 41, 42
Pumpkin	1-pound can	2 cups	11
Spinach	1-pound can	2 cups	16, 30, 39
Sweet Potatoes	1-pound can	1¾ to 2 cups	19, 21, 51
Tomatoes	1-pound can	2 cups	17, 23, 24, 28, 29, 33, 36, 40, 41, 42, 48

Tomato Sauce	15-ounce can	2 cups	31, 35, 45, 46
Dehydrated Potatoes	1 pound package	9 cups	8, 16, 26, 35, 39
Meat, Poultry, Fish, and Alternates			
Beef	29-ounce can	3½ cups	33, 35, 41, 43
Chicken	29-ounce can	3 cups	24, 25, 26, 27, 35, 37, 41, 43
Luncheon Meat	30-ounce can	3½ cups	26, 31, 35, 41
Meatball Stew	24-ounce can	3 cups	28, 42
Pork	29-ounce can	4 cups	26, 33, 34, 35, 41, 43, 63
Salmon	15½-ounce can	2⅓ cups	25, 29
Tuna	12½-ounce can	2 cups	25 32
Turkey	29-ounce can	3 cups	25, 27, 35, 41, 43

Continued



Some Available Commodity Foods (Continued)

Food Item	*Package Size(s)*	*Amount You Get*	*Recipe Number*
Dry Beans and Peas			40
Pinto	2-pound bag	12½ cups cooked	
Pink	2-pound bag	12½ cups cooked	
Small Red	2-pound bag	11½ cups cooked	
Pea (navy)	2-pound bag	11½ cups cooked	
Great Northern	2-pound bag	13 cups cooked	
Kidney	2-pound bag	12½ cups cooked	
Baby Lima	2-pound bag	12 cups cooked	
Blackeye	2-pound bag	14 cups cooked	
Dry Egg Mix	6-ounce bag	1½ cups (= 6 large eggs)	4, 8, 11, 20, 27, 28, 30, 32, 67
Peanut Butter	2-pound can	3½ cups	34, 51, 66, 68
Peanuts	12-ounce can	2¼ cups	6, 7, 11, 69
Vegetarian Beans	1-pound can	2 cups	36, 61, 69

Milk, Cheese, and Yogurt			
Dry Milk	1-pound 9-ounce box or 4-pound box	9 cups 24 cups	2, 3, 4, 6, 7, 12, 38, 39, 44, 55, 58, 59, 65, 67, 68
Evaporated Milk	12-ounce can	1½ cups	30, 32, 37, 38, 56
Processed Cheese, American	2-pound box or 5-pound box	8 cups 20 cups	16, 17, 18, 24, 25, 26, 27, 28, 30, 32, 36, 47, 62, 63
Fats and Sweets			
Butter	1 pound	2 cups	62, 68
Corn Syrup	16-ounce bottle or 24-ounce bottle	2 cups 3 cups	64, 66
Honey	24-ounce container or 3-pound container	2 cups 4 cups	6, 68
Oil	48-ounce bottle	6 cups	11, 70
Shortening	3-pound can	6 cups	2, 12

How Much or How Many Are There?

It might help you to know how much food is in the box, bag, or package. Also, when you cook a food, the amount you get may be different from what you put into the pot. This list will help take the guesswork out of judging amounts of foods.

1 cup beans, dry	= about 2¾ cups, cooked
1 slice bread	= ¼-cup dry bread crumbs
1 pound brown sugar	= 2 cups
1 pound butter or margarine	= 2 cups or 4 sticks
1 stick butter or margarine	= ½ cup or 8 tablespoons
1 pound cheese	= 4 cups, grated
1-pound, 13-ounce can fruit and juice	= about 3½ cups
1-pound, 4-ounce can fruit and juice	= about 2½ cups
1-pound can fruit and juice	= about 2 cups
1 pound flour	= 4 cups, sifted
1 cup macaroni, dry	= 2½ cups, cooked

1 small onion	= about ¼ cup
1 medium onion	= about ½ cup
1 large onion	= about 1 cup
1 pound powdered sugar	= 3¾ cups
1 pound raisins	= 3 cups
1 cup rice, uncooked	= 3¼ cups, cooked
1 pound sugar	= 2 cups
1-pound can vegetables	= about 2 cups



Making Convenience Foods From Commodities

Convenience foods are foods ready to use at the time you need them. Some of your commodity foods can be made into foods almost like store-bought convenience foods. Listed below are some store-bought convenience foods that are easy to make from commodity foods at home:

Store-Bought Convenience Foods	Commodity Convenience Foods
Frozen Whipped Topping	Dairy Whipped Topping, recipes 55 and 56
Bisquick Mix	Master Mix, recipe 12
Cream	Evaporated Milk
Bread Crumbs	Plain Ready-To-Eat Cereal (crushed, dry, unsweetened) seasoned with herbs
	Crunchy Toppings, recipe 53
Pancake Syrup	Grape Juice Syrup, recipe 52
Shake 'n Bake	Crispy Coating, recipe 54
Ketchup	Catsup, page 93

Using One Food in Place of Another

If You Do Not Have:	Use:
All-Purpose Flour (1 cup)	■ ½ cup all-purpose flour, *plus* ½ cup whole-wheat flour or ■ 1 cup bread flour (for breads only) or ■ 1 cup plus 2 tablespoons cake flour (for cakes and cookies only)
Bread Flour (1 cup)	■ ½ cup bread flour, *plus* ½ cup whole-wheat flour
Brown Sugar (1 cup)	■ 1 cup granulated sugar, *plus* 1 tablespoon molasses, *plus* ½ teaspoon baking soda
Butter or **Margarine** (1 cup)	■ 1 cup shortening, *plus* ½ teaspoon salt or ■ 1 cup oil, if the recipe calls for melted butter or shortening

Buttermilk or **Sour Milk** (1 cup)	■ 1 tablespoon vinegar or lemon juice, *plus* enough sweet milk to make 1 cup. Stir and let stand at room temperature 5 minutes. or ■ 1 cup plain yogurt
Cake Flour (1 cup)	■ 1 cup all-purpose flour *minus* 2 tablespoons
Catsup or **Chili Sauce** (1 cup)	■ 1 cup tomato sauce, *plus* ½ cup sugar, *plus* 2 tablespoons vinegar (use only in a cooked mixture)
Cornmeal (1 cup)	■ 1 cup farina
Cornstarch (1 tablespoon)	■ 2 tablespoons flour (for thickening only)
Cream (1 cup)	■ 1 cup evaporated milk
Dry Mustard (1 teaspoon)	■ 1 tablespoon prepared mustard

Continued



Using One Food in Place of Another (Continued)

If You Do Not Have:	Use:
Fresh Egg (1)	■ ¼ cup dry egg mix, *plus* ¼ cup water. Take out ¼ teaspoon of salt from recipe.
Lemon Juice (1 teaspoon)	■ ½ teaspoon vinegar
Milk (1 cup)	■ ½ cup evaporated milk, *plus* ½ cup water or ■ ⅓ cup dry milk powder, *plus* 1 cup water
Molasses (1 cup)	■ 1 cup honey
Powdered Sugar (2 cups)	■ Using blender, blend 1 cup granulated sugar until it looks like powder.
Raisins (1 cup)	■ 1 cup prunes, cut up coarsely
Rolled Oats (1 cup)	■ 1 cup rolled wheat

	or ■ Add ¾ cup honey *and* take out ¼ cup liquid from recipe *and* add ¼ teaspoon of baking soda. or ■ ½ cup of honey, *plus* ½ cup of sugar. Take out 2 tablespoons of liquid from recipe. If baking, bake at 325°F, not 350°F.
Tomato Juice (1 cup)	■ ½ cup tomato sauce, *plus* ½ cup water
Unsweetened Chocolate (1 ounce)	■ 3 tablespoons cocoa, *plus* 1 tablespoon oil
Vegetable Shortening (1 cup)	■ ⅞ cup oil
Whole-Wheat Flour (1 cup)	■ ⅞ cup cornmeal, or ■ 1 cup ground rolled oats, or ■ ½ cup all-purpose flour, *plus* ½ cup whole-wheat flour



Spices and Other Foods To Have on Hand

This is a list of spices and other foods you will need at home to make the recipes in this book.

HERBS and SPICES

basil, dried
bay leaves
black pepper
cayenne pepper
chili powder
cinnamon
cloves
cumin
curry powder
garlic, fresh cloves
garlic, powder
ginger
green chilies
hot pepper flakes
hot sauce
nutmeg
onion powder
parsley flakes
salt
vanilla

VEGETABLES

cabbage
celery
green pepper
onion
pimiento

OTHER FOODS

baking powder
baking soda
cornstarch
lemon juice
margarine
mayonnaise-type salad dressing
molasses
mustard
pickle relish
sugar
vinegar
Worcestershire sauce

BEVERAGES

club soda

Recipe Index

-A-

All Commodities Stew 41

-B-

Barbeque Sauce 46
Bean Dip 61
Better Than Just Oatmeal 5
BREAKFAST
Better Than Just Oatmeal 5
Cereal Muffins 9
Cornmeal - Whole-Wheat Muffins 10
Granola 6
Honey-Cornmeal Drop Biscuits 1
Hot Cereal Mix 7
Pumpkin Muffins 11
Whole-Grain Meat Squares 63
Whole-Wheat Flour Tortillas 2
Whole-Wheat Flour Tortillas - No Fat 3
Whole-Wheat Oatmeal Pancakes 4

-G-

Granola 6
Grape Dumplings 64
Grape Juice Syrup 52
Green Bean Casserole 17
Green Pea and Cheese Salad 18

-H-

Honey-Cornmeal Drop Biscuits 1
Hot Cereal Mix 7
Hot Spicy Fruit 13

-I-

Indian Pudding 65

-L-

Lunch Box Cookie Bars 66

-M-

Meataroni 33

-C-
Cereal Muffins 9
Cheese Sauce 47
Cheese Snack Wafers 62
Cheesy Baked Potatoes and Spinach 16
Chicken Enchilada Casserole 24
Chicken One Pot 37
Cold or Hot Macaroni and Meat Salad 25
Corn Chowder 38
Cornmeal - Whole-Wheat Muffins 10
Crispy Coatings 54
Crunchy Toppings
For Vegetables or Main Dish Casseroles .. 53
For Desserts 53

-F-
Farina Dumplings 8
Fruit Freeze 57
Fruit Julius 58
Fruit Milkshake 59
Meatball Stew Plus 42
Meat, Cheese, and Potato Pie 26
Meat Gravy 43
Milk Gravy 44

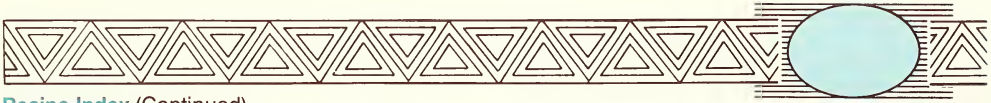
-N-
No-Fuss Turkey or Chicken Pie 27

-O-
Old-Fashioned Rice Pudding 67
One-Pan Mexican-Style Meat Bake 28

-P-
Peanut Butter Oatmeal Cookies 68
Pineapple or Orange Sweet Potatoes 19
Plum Applesauce 14
Porcupine Patties 35
Pork in Peanut Butter Sauce 34
Pumpkin Muffins 11

-Q-
Quick Potato and Spinach Soup 39

Continued



Recipe Index (Continued)

-R-

Raisin Butter 50
Rice and Fruit Pudding 15

-S-

Salmon Tomato Loaf 29
Savory Spinach Squares 30
Scalloped Corn 20
Six In One 31
SNACKS
Bean Dip 61
Better Than Just Oatmeal 5
Cereal Muffins 9
Cornmeal - Whole-Wheat Muffins 10
Fruit Freeze 57
Fruit Julius 58
Fruit Milkshake 59
Granola 6
Honey-Cornmeal Drop Biscuits 1

-T-

Tasty Lima Bean Soup 40
Tomato Gravy 45
Top-of-the-Stove Scalloped Potatoes 22
Tuna Loaf 32

-V-

Vegetable Salad 23
Vegetable Sauce 49
Vegetarian Bean Fiesta Cake 69

-W-

Whipped Topping for Desserts Made With Nonfat Dry Milk 55
Whipped Topping Made With Evaporated Milk 56
Whole-Grain Meat Squares 63
Whole-Wheat Flour Tortillas 2
Whole-Wheat Flour Tortillas - No Fat 3

Plum Applesauce 14
Pumpkin Muffins 11
Whole-Grain Meat Squares 63
Whole-Wheat Flour Tortillas - No Fat 3
Spaghetti Sauce 48
Stove-Top Tamale Pie 36
Sweet Potato Cups 21
Sweet Potato Spread 51
Whole-Wheat Master Mix 12
Whole-Wheat Oatmeal Pancakes 4
Whole-Wheat Oil Pie Crust 70
Winner's Party Home Brew 60



Acknowledgments

We owe many thanks to individuals and tribes all over the country who sent us recipes for this book. The names of those people are listed inside the back cover.

The following persons were responsible for the preparation of this book:

Nancy W. Gaston, M.S., R.D., Nutrition and Technical Services Division, Food and Nutrition Service, U.S. Department of Agriculture and Joanne M. Proulx, Chief, Nutrition and Dietetics Training Program, Indian Health Service, U.S. Department of Health and Human Services are coauthors of this book.

Jean M. Wirtz, M.S. and Beverly Westmoreland provided editorial assistance.

Special thanks are given to the following persons for their special contributions:

Recipe Testing
Site #1 - Joanne M. Proulx, Chief, Nutrition and Dietetics Training Program, Indian Health Service and staff.

Site #2 - Mark Keely, R.D., Nutritionist, Cherokee Nation Donated Foods Program and community nutrition workers Darlene Glass, Shirley Marley, and Edna Dew.

The nutrient analysis was completed using the Recipe Report Program, version 2, developed at the Human Nutrition Information Service, U.S. Department of Agriculture.

Cover design assistance was given by the Maryland Chapter of the North American Indian Women's Association.

This is an equal opportunity program. If you believe you have been discriminated against because of race, color, national origin, sex, age, political beliefs, religion, or handicap, write immediately to the Secretary of Agriculture, Washington, D.C. 20250.

People and Tribes Who Sent Us Recipes

All of the people, tribes, and organizations who sent us recipes for this recipe book are listed below. We thank all of them for their recipes and cooking ideas.

Nora Bashian
Brenda Broussard
JoAnne Butterbaugh
Esther Chee
Marie D. Cooper
Lois Dalke
Gale E. Dills
Cris Fogelman
Loris Freier
Donna Household
Chris Howard
Susan Kunz
Joan LeFebvre
Nancy Leidenfrost
Claudia S. Lena
Kristen McKie
Patricia S. Mead
Gail Melton
Helen Morgan
Elizabeth Nobmann
Dorothy Porter
Ava Rodgers
Sister Anna Rose Ruhland
Reba Walker
Diane Weis
Miranda Yang-Oshida

Aberdeen Area Public Health, Indian Health Service
California Raisin Advisory Board
Claremore PHS Indian Hospital, Diabetes Program
Five Sandoval Pueblos, Inc.
Food Distribution Division,
Food and Nutrition Service, USDA
Gila River Indian Community
National Honey Board
New York City Department of Health,
Bureau of Nutrition
Nutrition and Dietetics Training Program, Indian Health Service
Oklahoma City Area Public Health Service, Indian Health Service
Santa Fe PHS Indian Hospital
Seattle Indian Health Board
United Tribes of Kansas and Southeast Nebraska, Inc.
White Earth Reservation, Food Distribution Program